



**WHERE SHALL WE EAT  
OR PUT UP?**



# WHERE SHALL WE EAT OR PUT UP ?

in  
**ENGLAND, WALES, SCOTLAND and IRELAND**

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A Good Food Register, or New  
Traveller's Guide. Compiled by  
F L O R E N C E W H I T E  
Founder of the English Folk  
Cookery Association. Author of  
: "Good Things in England" :  
: : "Flowers as Food," etc. : :

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1936

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London  
Practical Press Ltd.  
1 Dorset Buildings, Salisbury Square,  
E.C.4

10522

**PRINTED IN GREAT BRITAIN BY  
THE GARDEN CITY PRESS LIMITED  
ATLECHWORTH, HERTFORDSHIRE**

# WHERE SHALL WE EAT OR PUT UP?

## GENERAL INTRODUCTION

THIS book is unique : in its contents and the manner in which they were collected.

The story of its compilation is a romance. From 1926 to 1933 inclusive, Florence White, a practical cook who had served in cap and apron in other people's houses for nearly six years from March 2nd, 1916, to December 1st, 1921, travelled all over England to discover what remained of our good national cookery, just as Cecil Sharp did for our folk songs, music and dances. When she began this campaign English cookery was practically dead; it is now the fashion.

She happened to have been a journalist since 1893, and trained in historical research. This helped her. At one time she was a sub-editor on the staff of the *Edinburgh Evening News* in charge of women's interests. This was before the era of women's pages. Her "stuff" went on the leader page, and she did special commission work.

She had been a social worker from childhood, had been maid-of-all-work to her stepmother from fifteen to eighteen, had lived in Paris for four years, whilst there studying at the Cordon Bleu, the School for Chefs, and had travelled extensively as far East as Mandalay; paying all her expenses of travel and research by means of teaching and free-lance journalism. All this helped her in her cookery research work. To parody well-known words: He little knows of English cookery who only England knows.

From the start of her English Folk Cookery Research in 1926, a beginning was made of collecting names and addresses

of hotels, restaurants, etc., where good food is served in England, and material was collected for a gastronomic map of England. On January 16th, 1931, the first Exhibition of English Folk Cookery was held at the Gas, Light and Coke Company's Showrooms, Church Street, Kensington, London, W.8. This was most ably organised by Miss Willans, Head of their Advisory Department. Thirty-two counties were represented by 104 exhibits, and a rough copy of Florence White's Gastronomic Map of England was shown. The Ministry of Agriculture had a large Exhibit of National Mark goods.

In May 1931, *The Listener* published an article by Florence White, illustrated by a small gastronomic map she had drawn. By request she supplied English Recipes to Simpson's in the Strand. From September to October 13th, 1931, inclusive, she gave the first six broadcasts of Old English Cookery from Savoy Hill. In September 1931, she wrote a letter to *The Times* asking readers for material to complete the Gastronomic Map, offering some information in exchange. She received 300 replies, all of which were answered. On May 23rd, 1932, her book, *Good Things in England*, was published, and in 1934, *Flowers as Food*.

In May 1934, a small edition of her *Good Food Register* was published at her own expense, and given away by the English Folk Cookery Association. In 1935 a second and larger edition of fifty-eight pages was also compiled at her own expense, but for this little booklet she charged 6d. It was so well reviewed by *John O' London's Weekly*, *The Radio Times*, *The Listener*, *Overseas*, *Cycling*, and *The Times Literary Supplement*, and so much appreciated by those who received it (although the names and addresses of hotels, etc. were practically limited to England), that this present volume has been compiled to be published and sold in the usual manner, in addition to a copy being given to every guinea member of the E.F.C.A.

In 1935, Florence White was 72 years old and an invalid from angina pectoris and diabetes, both brought on by over-work. The question was how was she to get up-to-date information for this 1936 edition? She wrote the following letter :

" I should be very much obliged if your readers would be kind enough to send me the names and addresses of any inns, hotels, restaurants, etc. where they have enjoyed really good national cookery in England, Scotland, Ireland or Wales this summer, so that I may include them in the third (and enlarged) edition of the E.F.C.A. GOOD FOOD REGISTER I am preparing for publication early in 1936. If they do not know the E.F.C.A. GOOD FOOD REGISTER I shall be pleased to send them a free copy of the second edition, 1935, if they send a postcard to me at this address.

" There is no charge for the insertion of the names and addresses of these inns, etc., in this booklet ; the whole idea is that the recommendation is absolutely unbiassed, not paid for in any way. The recommender's name can be published or not as desired.

" FLORENCE WHITE, English Folk Cookery Association, Fareham, Hants."

and sent it to *The Times*, *The Radio Times* and *The Listener*.

It was inserted, and answers began to pour in and still they come! Over 1,000 were received between September 8th and November 1st, 1935. From these, from her research work extending over more than nine years, and from the material she collected for her *Gastronomic Map*, this book has been compiled. It will be kept up to date by means of monthly supplements until a new large edition is required. These supplements will be supplied free to guinea members of the E.F.C.A.

Experience has proved that this form of distributing a knowledge of England's good hotels, inns, etc., food and

cookery is far better and more convenient than a gastronomic map. Indeed no such map is needed, because this small gastronomic guide is intended to be used with Muirhead's Blue Guides to England, Wales, Scotland, and Ireland, which are extremely well-mapped, or with any good motoring map, or with other guides.

It will be noticed in the letter published by *The Times*, *The Radio Times*, and *The Listener*, that a distinctive feature of this GOOD FOOD REGISTER is the fact that *no money or present in any shape or form has been paid for any recommendation*. Every one is gratuitous and unbiassed; no one has ever asked for special terms at any hotel, etc., for any reason whatever. No special terms and service have been asked or received. In *every* case, even in those of commercial firms, the recommendation has been private and personal. Much money, time and trouble have been spent in obtaining this information, but not in gifts to or from traders.

Miss Willans and Florence White, for example, *bought* or made samples of foods for Exhibition in 1931. In the early days letters were written to a number of hotels and inns, etc., asking them to *state* any special local dishes served. Only one reply was *received*; from the landlord of the White Hart, Lewes. It is *because* of his courtesy that his name is included.

It is true that *Sweet-cured Suffolk Hams* can be bought elsewhere than at F. Cook's, Saxmundham, but F. Cook's hams happened to be *personally recommended* by Mrs. Loftus of Southwold and some hams were bought and tested by Florence White; therefore his name is inserted. One of the aims of the Association throughout has been, and still is, to encourage small local family businesses. The large firms can advertise their own wares; those mentioned in the book are recommended simply because she has tested their goods personally and in some cases has used the products for years.

*In no case has any money or its equivalent been paid for any recommendation.* It is important to emphasise this.

Miss White carried on her own experiment kitchen for eight years, where local and other recipes were tested. Other arrangements have now been made for testing purposes.

No one who has ever received money or a present for recommending anything can be a member of the E.F.C.A. . . . Is everything clear? If so, a few general remarks may conclude this introduction.

It is a psychological fact that one gains more in every way by emphasising "the good" in life than by continually drawing attention to what is bad. It is this principle that has been acted upon in compiling this book. It is easy to grouse and grumble; all these people who have sent names and addresses of hotels, inns, etc. they can recommend from personal experience have gone more than one better. They have put on record what they have found good and have thus helped to make life happier and better for many.

To praise those hotels, inns, etc. that are worthy of praise is one way of raising all hotels, all food and cookery, to a high standard. It is one way of curing unemployment; the hotel industry is one of our greatest industries, one of the greatest purchasers from, and therefore employers of, almost, if not all, other national industries.

The recommendations sent have all been addressed to Florence White personally, and she will be glad to have any additions or corrections to include in the small G.F.R. Supplements which it is intended to issue as required, as stated above. Letters and postcards should be addressed to her at Beverleigh, Paxton Road, Fareham, Hants.

Meantime, there is amusement as well as information to be obtained from the present volume. Another point: owners and managers of hotels, inns, restaurants and teahouses can read for themselves just what the travelling public does like!

Imperfect as the first two editions of the G.F.R. were they received a warm welcome for which Florence White thanks every one. One reader writes: "It goes everywhere with me

and we try everything we can." To this may be added the fact that it has gone all over the world, and this one will follow it. It is hoped and believed it will be continued and get better and better every year.

As a supporter, a well-known man writes : " The E.F.C.A. is a task of nation-wide importance." It is more than that, it is the greatest economic movement of the twentieth century. Please join up as guinea members and help to carry on its work. Particulars are to be found at the end of this book.

### IMPORTANT NOTICE

This book has been compiled *primarily* for the use and benefit of the travelling public and visitors to the British Isles. Incidentally, it is hoped that those hotels, inns, restaurants, etc., included will benefit by increased custom, but they will only do so if the high standard which has caused them to be personally recommended is maintained.

It must be distinctly understood that the compiler of this book cannot *guarantee* the accommodation, service and cooking recommended for the simple reason that staffs and even management change and may alter for the worse temporarily. Any complaints that are received will be handed on only to the management concerned, in confidence, without giving the informer's name ; this is done with a view to helping " the Management " of any such place to maintain its high standard. One hotel, at least, mentioned in the second edition visited by the compiler personally, changed completely during the publication of the 1935 edition. The reason was change of management and staff.

Another point: there are many very good hotels, inns, restaurants, etc. that are not included, some recommendations came too late. All the compiler can vouch for is that the names and addresses given have been recommended voluntarily, as stated in the above introduction, and that as far as

she knows not one penny in any shape or form has been given for their insertion.

One thing must be remembered, what one person recommends, another may not; tastes differ. So also do prices. Another bit of advice: when possible it is always advisable for travellers to notify the management of a visit, if not, and there has been a great rush, there may be no room for them, or they may have to picnic, or even eat tinned provisions, but they will invariably find that the hosts and hostesses of houses, etc., mentioned will always do the best they can for every one. Still I have known of doors having to be closed at some places on special occasions because the larder has been eaten out! And that in a Cathedral City, not on a lonely moor.

### A WORD OF THANKS

Finally I should like to thank all who have made this book possible by sending information and helping in other ways, and I shall be most grateful for corrections and additions which will appear, as already stated, in small supplements until a new edition is required. All these should be sent to me personally addressed as below. The book will be eventually the property of the English Folk Cookery Association, but at present I am keeping arrangements in my own hands. Any profits, however, are used for the E.F.C.A., and my own work is given free.

FLORENCE WHITE.

Beverleigh,  
Paxton Road,  
Fareham,  
Hants.



# Contents

## Part I

### ENGLAND

(Counties specially arranged by areas for Travellers)

Names and addresses of hotels, etc. and special foods in the:

NORTHERN COUNTIES										PAGE
NORTHUMBERLAND	-	-	-	-	-	-	-	-	-	20
DURHAM	-	-	-	-	-	-	-	-	-	20
CUMBERLAND	-	-	-	-	-	-	-	-	-	21
WESTMORLAND	-	-	-	-	-	-	-	-	-	25
YORKSHIRE	-	-	-	-	-	-	-	-	-	27
LANCASHIRE	-	-	-	-	-	-	-	-	-	39

### MIDLAND COUNTIES

#### 1. WEST (MIDLAND)

CHESHIRE	-	-	-	-	-	-	-	-	-	43
SHROPSHIRE	-	-	-	-	-	-	-	-	-	45
WORCESTERSHIRE	-	-	-	-	-	-	-	-	-	47
HEREFORDSHIRE	-	-	-	-	-	-	-	-	-	51
MONMOUTHSHIRE	-	-	-	-	-	-	-	-	-	52
GLOUCESTERSHIRE	-	-	-	-	-	-	-	-	-	53

#### 2. CENTRAL (MIDLAND)

OXFORDSHIRE	-	-	-	-	-	-	-	-	-	60
WARWICKSHIRE	-	-	-	-	-	-	-	-	-	64
STAFFORDSHIRE	-	-	-	-	-	-	-	-	-	66
DERBYSHIRE	-	-	-	-	-	-	-	-	-	68
NOTTINGHAMSHIRE	-	-	-	-	-	-	-	-	-	72



# CONTENTS

15

## COUNTIES IN ALPHABETICAL ORDER

For the convenience of motorists travelling from county to county the counties in the preceding Contents have been arranged as on the map, from the North Southwards.

For speedy reference the following *alphabetical* list is given:

	PAGE
BEDFORDSHIRE - - - - -	85
BERKSHIRE - - - - -	130
BUCKINGHAMSHIRE - - - - -	80
CAMBRIDGESHIRE - - - - -	88
CHESHIRE - - - - -	43
CORNWALL - - - - -	113
CUMBERLAND - - - - -	21
DERBYSHIRE - - - - -	68
DEVONSHIRE - - - - -	99
DORSET - - - - -	118
DURHAM - - - - -	20
ESSEX - - - - -	161
GLOUCESTERSHIRE - - - - -	53
HAMPSHIRE - - - - -	133
HEREFORDSHIRE - - - - -	51
HERTFORDSHIRE - - - - -	81
HUNTINGDONSHIRE - - - - -	87
KENT - - - - -	156
LANCASHIRE - - - - -	39
LEICESTERSHIRE - - - - -	74
LINCOLNSHIRE - - - - -	169
LONDON - - - - -	142
MIDDLESEX - - - - -	141
MONMOUTHSHIRE - - - - -	52
NORFOLK - - - - -	165
NORTHAMPTONSHIRE - - - - -	77
NORTHUMBERLAND - - - - -	20
NOTTINGHAMSHIRE - - - - -	72

OXFORDSHIRE	-	-	-	-	-	-	-	60
RUTLAND	-	-	-	-	-	-	-	77
SHROPSHIRE	-	-	-	-	-	-	-	45
SOMERSETSHIRE	-	-	-	-	-	-	-	91
STAFFORDSHIRE	-	-	-	-	-	-	-	66
SUFFOLK	-	-	-	-	-	-	-	164
SURREY	-	-	-	-	-	-	-	145
SUSSEX	-	-	-	-	-	-	-	149
WARWICKSHIRE	-	-	-	-	-	-	-	64
WESTMORLAND	-	-	-	-	-	-	-	25
WILTSHIRE	-	-	-	-	-	-	-	122
WORCESTERSHIRE	-	-	-	-	-	-	-	47
YORKSHIRE	-	-	-	-	-	-	-	27
<b>WALES</b>	-	-	-	-	-	-	-	183
<b>SCOTLAND</b>	-	-	-	-	-	-	-	198
<b>IRELAND</b>	-	-	-	-	-	-	-	213
ISLE OF MAN	-	-	-	-	-	-	-	197
ANGLESEY	-	-	-	-	-	-	-	183
ISLE OF WIGHT	-	-	-	-	-	-	-	139

## Part II

### LIST OF BOOKS CONTAINING RECIPES FOR REGIONAL AND

LOCAL DISHES AND DELICACIES	-	-	-	-	227
RECOMMENDED COOKERY BOOKS AND JOURNALS	-	-	-	-	228
MUIRHEAD'S BLUE GUIDES	-	-	-	-	231
METHUEN'S LITTLE GUIDES	-	-	-	-	232
SOME USEFUL GENERAL ADDRESSES	-	-	-	-	227
A FASCINATING HOBBY	-	-	-	-	238
LOCAL RECIPES AND CUSTOMS	-	-	-	-	247

# **Part I**

## **HOTELS, RESTAURANTS, Etc.**



# PART I

## Northern Counties

THERE are numbers of cakes and forms of bread peculiar to the northern counties of England. Yorkshire in particular furnishes a large quantity of delicious foods of this kind, from its famous batter—"Yorkshire pudding"—to spiced bread, parkin (a cake of oatmeal and treacle) and pomfret (liquorice cake).

Cheese eaten with sweet tarts is a commendable Yorkshire dish and in Wensleydale the county provides one of the finest of all English cheeses. Frumenty, which is hulled wheat boiled in milk and seasoned with cinnamon, etc., is also eaten with cheese.

The Lake District furnishes exquisite mutton, a good rival to the Welsh variety, and the lake trout—char—which is excellent when potted. Home-fed and cured hams of the finest delicacy are also to be got in the North and at Doncaster a famous butterscotch.

J. B.

Bone marrow puddings are a Border delicacy. Cheese is eaten with mincepies as well as apple tart.

A friend writes : " My Yorkshire grandmother used to say :

A mincepie without cheese  
Is like a kiss without a squeeze."

Tansy Pudding is another border delicacy. The Tweed is noted for grayling as well as other fish.

Ask for Tansy and Marrow Puddings and see if they are still made. The E.F.C.A. has recipes. In this way you can help to keep old traditions alive. It is said that a country gets the laws it deserves, and I am inclined to think we all get the cookery we deserve.

F. W.

## Northumberland

### ALSTON

"Excellent meals are served at the Lion Hotel here, a quite perfectly cooked dinner, also breakfast dishes, notably perfect herrings rolled in egg and fine oatmeal, fried and served piping hot. The porridge also was fine and good ; so was the service."

### NEWCASTLE

Pickled salmon, girdle cakes, singin' hinnies, snails (at the Glassmakers' Feast), baked cod and Pan Haggerty are the special old-fashioned delicacies here. See if you can get them.

## Durham

### FINCHHALE PRIORY

Famous for Singin' Hinnie. Yule Dows for Christmas.

### GRETA BRIDGE

The Morritt Arms, Greta Bridge,  $3\frac{1}{4}$  miles S.E. of Barnard Castle. Greta Bridge itself is in Yorkshire.

### MIDDLETON-IN-TEESDALE

The High Force Hotel has excellent simple country food and very nice people run it.

### OLD ELVET

At the Dunelm Hotel here (Tel. 412 Durham) the food is excellent, and the house exceedingly comfortable. Terms £3 10s. per week each.

## Cumberland

**ARMATHWAITE HALL,** This and the Keswick Station  
**BASSENTHWAITE LAKE** Hotel are owned by Mrs. Wivell and her two sons. They are beautifully equipped and run in every detail ; Mrs. Wivell is the daughter of Mr. William Wilson who wrote *Coaching, Past and Present* and at one time owned the Keswick Hotel.

Armathwaite Hall is an old country mansion, carried on as a country house furnished with every comfort and luxury.

**ARMBOTHFELLS** If you have the luck to visit a farmhouse on these fells in shearing time try and get a taste of " Clipping Time Pudding." Jolly good ! So are the mutton hams. The flesh of the Herdwick sheep is very little inferior to Welsh mutton.

**BOOT, ESKDALE** There is an old hall in Eskdale now used as a farmhouse where one can get a magnificent lunch or supper for 2s. 6d. It is kept by Mrs. Barnes and the full address is Dalegarth Hall Farm, Boot, Eskdale. The particular dish Mrs. Barnes specialises in is home-fed and cured ham and eggs, fried over a wood fire. She also gives with it home-made rum butter (butter, dark sugar, rum and spices), bread and butter, home-made pastry, tea, a large selection of home-made cakes and generally freshly-made scones.

**BOWNESS-ON-SOLWAY** The only place in England where Haaf-net fishing survives.

**BRAMPTON** At the George Hotel you can get a complete Cumberland Tea ; ten varieties of home-made cakes ; rum butter, home-made preserves. Recommended by Miss Gordon Holmes.

**BUTTERMERE LAKE**

Is famous for its Char. Potted Char is a great delicacy. Don't leave the Lake District without tasting it.

**BUTTERMERE**

The fare at the Olde Fishe Inn, Buttermere, can be thoroughly recommended.

Really good national and enjoyable cookery can be obtained at the Wood House, owned by Mrs. Burns.

**DERWENTWATER AND  
BASSENTHWAITE LAKE**

Trout and other fish, pike, and vendace (only found in these two lakes).

**RIVER EDEN**

At one time famous for its lampreys. Ask if they ever get any now.

**ENNERDALE**

On St. Martin's Day the proper food is roast goose and ale.

Another visitor writes "I found good simple English cookery at the Angler's Hotel, Ennerdale Lake, the fresh fruit tarts being specially nice at lunch instead of the tinned stuff so often served. It being August we had cherry tart, bilberry tart, apple and bramble. At tea *everything* except the bread was home-made; never two days the same. Mrs. Clayton does the cooking herself, while she and Mr. Clayton do all they can to make their guests comfortable."

**ENNERDALE LAKE**

Angler's Arms. Most comfortable little fishing hotel with really good English cookery. Recommended by Miss Gordon Holmes.

**GRANGE, BORROWDALE** Four miles from Keswick. Omnibuses run between the two places. Apartments can be recommended at Mrs. Coates, Riggside Farm. This is an old house and the landlady sets herself out to make every one comfortable. The cooking is splendid, and the terms £3 3s. per week. It is very heartily recommended.

Thin oatcakes and cider are the special delicacies here.

### **HOLMROOK**

Kent friends wish to recommend Carleton Green, a small private hotel at Holmrook, Cumberland, for good cookery and general management. It has only eight guest bedrooms, two bathrooms, dining-room, three reception rooms. Croquet, tennis, shooting, fishing and sea-bathing and golf (at Seascales) are among the available amusements. The terms are 4 guineas for August and reductions for the winter months. The owner is Miss C. B. Dawson.

### **KESWICK**

The Keswick Station Hotel stands in its own grounds of several acres on the banks of the River Greta and near to Lake Derwentwater. It commands the finest and most extensive views of the neighbouring scenery; the mountains of Scafell Pike, Helvellyn and Skiddaw, the three highest in the district, are distinctly visible from its windows. The hotel is within easy distance of all the Cumberland Lakes and most of those in Westmorland. Visitors have permission to fish in the Greta.

Specialities: Delicious trout, home-made bread, Cumberland currant pasties, rum butter, Cumberland ham, etc.

Mr. Alexander MacLean writes: "I hasten to have placed on record the greatest 'find' my wife and I have made during our long travels. The name of this Private Hotel is 'Elm

Grove,' Main Street, Keswick; its situation is ideal, its appointments homely, comfortable and clean, and its greatest asset, which lifts it high above any other hotel or restaurant, is its food. Mrs. Bell, the owner, turns out the best roast beef we have tasted and makes that beautiful dish, Roast Duck, and all that goes with it, an undreamed-of delight; no matter how long you may stay in 'Elm Grove' you will continue to receive pleasant surprises at meal times.

"My wife and I are pleased to have this chance of recommending Mrs. Wilson Bell and her comfortable home."

"Millcrest's Manor Hotel is outstanding in providing absolutely first rate North Country fare."

### **PENRITH**

Mrs. Eddy, Confectioner, Castle-gate, Penrith, cannot be too highly recommended, not only for good old English cakes and delicacies, but for modern fancies.

Don't leave this place without tasting Mrs. Eddy's Oaten biscuits and rye bread.

Another reader writes from Cambridge: "I noticed in your booklet a mention of Penrith. One gets delicious rye bread (loaves 6d. each, baked once a fortnight on Mondays), also flour from Irving, Baker, Middle Gate, Penrith. I used this thirty years ago, and renewed the custom seven or eight years ago when living near Martindale end. They send me also rye flour. Miss Wilson near Market Square keeps the rye flour also."

Gray, the Poet, dined at Penrith extremely well in 1769 on trout and partridge.

The George here is excellent.

### **RAVENGLASS**

The Pennington Arms Hotel, Ravenglass. Mrs. Irwin, its owner, is one of the most noted cooks in Cumberland. No one who ever stayed with her could say truthfully "English-women can't cook." Can't they though? You just taste

Mrs. Irwin's cookery ; she sent rum butter, currant pasties, home-made shortbread and other good things up to the First E.F.C.A. Exhibition.

Mutton hams used also to be a speciality of Cumberland ; and the Herdwick sheep afford good mutton.

The rum butter at the Pennington Arms is top hole, so are the sweet butter cakes served here.

### **ROSTHWAITE**

The food at the Scafell Hotel is always, I am told, very good too.

## **Westmorland**

### **AMBLESIDE**

The Barngate Inn is evidently reasonable in its charges, for the food is described as " very good for the price charged."

The Hill Top Hotel (unlicensed), Ambleside, is recommended, as always, in this book from personal experience for good English food and cookery.

### **BOWNESS**

The Crown Hotel is recommended for its good British food.

The " Old English Hotel " is recommended for first-rate English cooking.

### **BOWNESS-ON-WINDERMERE**

Old England is recommended by a lady who does not praise English hotels as a rule. She says the food was really good.

### **GRASMERE**

Mr. W. E. G. Fisher writes :  
" I can strongly recommend the Prince of Wales Lake Hotel, Grasmere, Westmorland, for good English cooking and general comfort."

And so can I! It is kept by Mrs. Tom Scott, who is a member of the E.F.C.A. and exhibited Cumberland delicacies at the First English Folk Cookery Exhibition. She exhibited : Sweet pickled damsons, Grasmere gingerbread, Haver bread, pickled red cabbage, Hawkeshead cakes and whigs.

Thin gingerbread known as Grasmere gingerbread, is generally sold, but the dark, thick gingerbread is correct for the rush-bearing feast, which is now celebrated on the Saturday nearest to St. Oswald's Day (August 5th), to whom the Church is dedicated. Westmorland ham is served here with sweet pickled damsons. Gray, the poet, had a dinner at The Red Lion, Grasmere, in 1792, consisting of fish, fowl, veal cutlets, ham, peas, potatoes, gooseberries, and rich cream, and the whole only cost 10d.

## **KENDAL**

If you want good catering and service go to the Fleece Hotel,

Kendal.

King's Arms. Pretty, quaint hotel. Excellent salmon, lobster and crab teas. Moderate prices.

Kendal piggin bottoms are cakes stabbed out of rolled dough by the iron rim which formed the external base of the wooden piggin or pail used for milk and potatoes. Barley scones, a Kendal delicacy, are barley meal cakes eaten hot with butter. If you can't get these good things at the first place you go to, hunt round until you find some place where you can get them. This is the only way to keep up the good old customs, and enjoy the really good English cookery.

## **LONSDALE**

In the North Lonsdale district, Westmorland, and in Lancashire, "clapbread" was eaten all over the country. Mrs. John Greg says she used to buy it in a shop in Dalton-in-Furness.

**PATTERDALE**

Ullswater Hotel, beautifully situated on the shores of the lake. Service a luxury. Good cosmopolitan food. Recommended by Miss Gordon Holmes.

**STAVELY VILLAGE AND  
BURNSIDE VILLAGE**

In both these villages near Kendal you will find the famous herb puddings made at Easter. Recipes for both are given in *Good Things in England*.

**WINDERMERE LAKE**

Char, the golden Alpine trout, found here. Ask for potted char at the hotels.

## Yorkshire

**BARKISLAND, NEAR  
HALIFAX**

There is an inn here, the New Rock Inn, kept by Henry Gaunt, which specialises in home-fed and cured ham and egg teas, which are most enjoyable. Every one to whom this inn has been recommended has been well satisfied with its excellent country fare.

**BARNSLEY**

Mr. George Asquith writes: "Perhaps you know we are famous here for 'Barnsley chops' as cooked for the Prince of Wales, now King Edward VIII, on his last visit. It is advisable to give about three hours' notice and enquire the price. They are not cheap, but they are worth the money. Recommended hotels: Royal Hotel and The Three Cranes Hotel."

**BENINGBROUGH**

Five miles out of York. In the old-world village of Beningbrough, Shipton, York, there is a small inn called The Dawnay

Arms, kept by Mrs. H. E. Dawson. Here the best food, perfect cooking and service are to be had at a very moderate charge, and all travellers going North would do well to memorise the address, for once having called at this little village, they would never fail to return if possible. True Yorkshire hospitality is meted out to all travellers, almost regardless of cost, the motto being "to serve." A farm is attached to the inn, practically supplying all food. The meals include roast duck with full etceteras, delicious fruit sweets, cream and marvellous teas.

**BEVERLEY**

"Curd cheesecakes of a very good quality are sold at all the local confectioners." This is high praise because even in Yorkshire, that Mecca of good cooking, the quality of curd cheesecakes varies.

**BOLTON ABBEY**

A visitor to The Devonshire Arms says that she had here "the most perfectly cooked meal of which she has partaken this season. Everything cooked to a turn."

**BOROUGHBRIDGE**

If you are wise you will visit the Blue Bell Inn. It is "very simple, clean and comfortable. Half the price of ordinary hotels, arrived there at 10 o'clock at night when every one else was full. Delighted with our reception, food and bill," writes Miss Gordon Holmes.

At the Crown Hotel, here, the food and accommodation are excellent.

A captain "in the King's Navee" highly recommends the Crown Hotel, Boroughbridge, Yorkshire.

The Three Arrows, Boroughbridge, is also excellent.

**BRADFORD**

Oven cake. (Sir William Rothenstein says he remembers well how delicious oven cake was on baking day). They were made from small pieces of bread dough.

**BRIMHAM ROCKS**

"Eight miles from Harrogate. At the house here where tea is served I have had," writes a correspondent, "a superlatively good meal. Everything home-made, bread, farm butter, scones, cakes, and the most delicious home-fed Yorkshire ham I have ever tasted; all at a very reasonable cost."

"At Hampsthwaite House Farm, four miles from Harrogate, the afternoon teas are of good quality which never varies. For 1s. 6d. there are two kinds of sandwiches, jam, brown and white bread, drop scones, and several kinds of cake all home-made. They also serve good ham and egg teas."

**BYLAND ABBEY**

"We had a very good meal at the inn opposite Byland Abbey, 1½ miles north-east of Coxwold, kept by Miss Ingham. She provided us with Yorkshire 'Ham and Eggs,' home-made cake and bread, farm butter and good cheese." (Recommended by Mr. H. Priestman.)

**CLAPHAM**

A *Times* reader writes on September 8th, 1935: "While travelling in Yorkshire this summer, after various experiences of indifferent cooking we came upon the New Inn Hotel, Clapham, where we stayed a week and found the cookery (Yorkshire) and service of meals in every way excellent. They were willing even to prepare special meals for children."

**CLITHEROE (Lancashire on the borders of Yorkshire)**

The Fatted Calf at Worsthorpe, near Clitheroe, the Red Pump, near Whitewell, Clitheroe, and the Moorcock at Waddington, all near Clitheroe are all recommended for good food and service at reasonable charges.

**COTHERSTONE**

The special food here is Cotherstone Cheese.

**COTTINGHAM**

Noted for strawberries.

**COXWOLD**

The inn opposite Byland's Abbey, near Coxwold, kept by Miss Ingham, is highly recommended. Laurence Sterne's old parish.

**DONCASTER**

Famous for its butterscotch. No one goes to Doncaster without buying butterscotch. Here you will get Sly Cakes. Ask also for oatmeal fritters.

Doncaster has not only its special Butter Scotch. It has its own special parkin.

**FARNHAM**

Brawn is very good here. Ask for it.

**FERRIBY, N.**

Pancakes, green gooseberry jam, ox cheek soup, ginger wine and jugged hare.

**GIGGLESWICK**

One mile beyond Settle. Recommended by motorists as a place where they have been exceptionally well served.

"I have seen your letter in *The Times*," writes a gentleman, "and should like to take this opportunity of paying tribute to some excellent cookery which I have enjoyed from time to time in the West Riding of Yorkshire at the Craven Arms Inn, Giggleswick, Settle. The proprietress is Mrs. A. M. Robinson. The inn, which is actually outside the village of Giggleswick, is situated at the entrance to Giggleswick Station, and is encountered in taking the by-road, a road sometimes used to

avoid the main road between these points. The district is an agricultural one, well known for the quality of its produce, and I have no hesitation in saying that Mrs. Robinson does full justice to the materials at her command.

"At the same time I would point out that the inn is by no means large nor the amount of catering extensive, as it is somewhat off the beaten track, and my experience is that possibly some warning of one's impending visit is desirable if one is to attain the greatest satisfaction. A homely atmosphere pervades the place and every attempt is made to make one feel at home, an attitude well suited to a place which appears at one time to have combined the business of farming with its present business.

"Charges are extremely reasonable and, to my mind, entirely out of keeping with the quality of the meals offered. As I have but recently returned from the last of several visits to the district the appearance of your letter in *The Times* seems to be an excellent opportunity of repaying to some extent the good cooking and attention I have received there, and I trust that the information which I have supplied may be of some service to you in the compilation of your booklet."

So it has! and Florence White is most grateful. She longs to go and stay with Mrs. Robinson at Giggleswick.

The Hart's Head Hotel here is recommended for good food generally, plentiful and well served.

### **HALIFAX**

If you call on real Yorkshire friends in Halifax they will offer you cheese to eat with cake, and home-made Cowslip wine as a drink.

### **HAREWOOD**

Gingerbread, plum cake, Yorkshire spiced bread, and Yorkshire tea cakes are the special delicacies.

**HARROGATE**

The Cairn Hydro is wholeheartedly recommended for really good, enjoyable national cookery by a man who knows what's what. Recommended by a reader who has enjoyed really good national cookery here this summer, 1935.

This first-class hotel is simply splendid for food and everything. It is most healthily situated, not licensed, but one can take one's own. Mrs. F. T. Weldon (Hon. M.A., Oxon) tells me she went there three years running at Easter, just before or just after, the charge was 4½ guineas a week. They not only make all their own bread, rolls, and cakes, but even crumpets for tea.

Another writes: "Having just returned from a three weeks' stay at the Granby Hotel, Harrogate (which dates to the seventeenth century), I write to say that I found the cookery there the best I have ever had at any hotel at home, though I did not notice any peculiarly local dishes; the cooking is thoroughly English, as also the menus."

**HAWORTH**

berry pies.

This is Brontë ground. In July you should be able to get bil-

**HELMSLEY**

Famous for apple cheese cakes and potato soup.

**INGLEBY**

pudding.

Ingleby Manor, famous for its pancakes and Yorkshire batter

**KETTLEWELL (near Skipton, West Riding of Yorkshire (Wharfedale) )**

struck by the excellent Yorkshire cookery. Bread and cakes were all made there and the menu for lunch on Sunday

A *Times* reader writes: "I stayed a few days at the Race Horses Hotel, Kettlewell, on August 8th, 1935, and was

(there were only about ten people staying there) was very typical of hospitable Yorkshire ideas. It was :

Mushroom Soup  
Stuffed Duck, Roast Chicken, Roast Lamb  
Vegetables  
Apple tart, plum tart, cream, pears in jelly,  
cheese, etc.

Breakfast started with porridge and cream, with the usual things to follow. The proprietor is Mr. Long."

### **KIRBY MOORSIDE**

Barley bread, brandy snap, pork pie, and home-made ginger beer are good things for which this district is famous.

### **KNOUTBERRY HILL**

Here cloudbberries can be gathered when in season.

### **LEEDS**

Famous for its parkin, rhubarb and Leeds cake.

### **LEYBURN**

Mrs. Maurice Tomlin writes :  
" I can recommend for teas with perfect home-made bread, jam, butter, cakes, scones of every variety, Mrs. Cottingham, Chantry Farm House, West Wilton, Leyburn. I have not had any other meals there, but their teas are a perfect specimen of North Country food."

### **LOFTHOUSE (N. Riding)**

Noted for its fish pie.

### **MIDDLEHAM**

At the White Swan, the food is stated to be simple but excellent.

### **NEWTON S. O.**

Mrs. Sigmouth, Beadlam Grange. Exceptionally good food.

### **OSMOTHERLEY**

Noted for its pork sausages.

**PONTEFRACT**

this place is noted.

Pontefract, or pomfret, cakes are liquorice cakes for which

**RICHMOND**

William Gill, Post Office, Low Row, by Richmond. Low Row is a village fifteen miles from Richmond. Recommended for Yorkshire hams.

**RIPON**

Famous for any number of good things, ginger cake, oatcake, Wilfra tarts for Wilfra or Wilfa Week (first week of August), Christmas bread, parkin for November 5th, plum cake or Christmas cake, frumenty or frumety, on Christmas Eve and New Year's Eve. Spiced bread (Yule cake).

**ROKEBY (near Barnard Castle)**

The Morritt Arms can be depended upon for really good cookery.

**SALTBURN**

Zetland Hotel. Very comfortable, high up on sea front, beautiful views, good cosmopolitan food. Recommended by Miss Gordon Holmes.

**SALTERSGATE**

In case you have not visited the Waggon and Horses Inn, "I should like," writes Miss Elsie Field-Hyde, "to record the excellent turf cakes and cheese cakes made there, and baked on an open peat fire which has not been allowed to go out for the past 130 years. These cakes are made from the same recipe which has been handed down since the inn was built, and are really very delicious. Every traveller on the road from Pickering to Whitby stops to see the old kitchen and its famous fire and to sample the cakes. . . . I should like to thank you (Florence White) for your interesting work on our

national cookery. I stayed at the Waggon and Horses last summer, and not only enjoyed the turf cakes but the wonderful Yorkshire hams there."

**SCARBOROUGH**

The Pavilion Hotel is highly recommended by a man who appears to know what is good by the list of hotels he sends where good cookery is to be found.

Try the Red Lion Private Hotel; it is well recommended by a doctor and his wife.

Frumenty, ginger snaps and potted shrimps are all particularly good here. Woof or ling pie is a great delicacy here (at its best from Easter to end of August).

**SETTLE**

Mrs. H. Pearl Adams writes: "We found the Golden Lion by chance through a motoring delay; we were treated as if we were expected and prize guests, and that it was a pleasure to look after us. The cooking was very good, but the great feature was that although the fixed price of the dinner was 5s. we were offered an excellent grill with liberal etceteras (cheese, biscuits and butter) for which we were only charged high tea price of 3s."

**SHEFFIELD**

Special delicacies are polonies and Sheffield biscuits.

**SIGSTON or KIRBY  
SIGSTON**

Sigston gingerbread loaf.

**SKIPTON**

Oat cakes, Haver or Riddle bread. Mr. James Leech, 24 Hardcastle Yard, High Street, Skipton.

**SLEDMERE**

Noted for its sponge ginger-bread, Christmas cake, fruit bread, black-currant jam, sponge cake and galantine.

**SOUTH STAINLEY**

The Red Lion Hotel, at South Stainley, between Harrogate and Ripon, and the Devonshire Arms at Bolton Abbey can both be recommended for their excellent cooking.

**SWALEDALE**

The Cat Hole Inn, Keld, Swaledale, is strongly recommended.

**THORNTON-LE-DALE**

Another correspondent recommends the New Inn here, where she has enjoyed good English fare, and being a small village it may not be generally known.

"Thornton-le-Dale is one of Yorkshire's prettiest villages. One hot day this summer (1935) whilst staying at Whitby we went to Thornton-le-Dale, and had a memorable meal in a low-roofed old-fashioned dining-room. The menu was cold lamb with mint sauce and salad with *home-made* dressing. Bread and butter. Gooseberry pie with separate jugs of cream, and custard made with eggs. A *good* cup of coffee, black or white. So simple, but so delicious, and not expensive."

**THIRSK**

The Golden Fleece, in the Market Place, is recommended by motorists for good food and service. Moderate charges.

**WADDINGTON (near Clitheroe, Yorkshire)**

A *Radio Times* reader writes from Kent: "I have several times (whilst on holiday in Lancashire) paid a visit to the lovely country all along the Ribble Valley, but for the very best cooking I have never

found any place to compare with the Moorcock Inn, Waddington, near Clitheroe, Yorkshire. It is owned by Mr. Greenhalgh, and Mrs. Greenhalgh personally attends to all cooking and her fame is known for miles around. Last time I called was on a Sunday and after a long tramp over Waddington Fells we did full justice to the hot roast duck and trimmings, finishing the meal with fruit salad and cream (real country cream). We counted over 100 people waiting in the garden as the inn was full to overflowing. My friends assured me this was what happened every week-end and to ensure being served with an early meal we must arrive there and place our order soon after 3 p.m. Of course a table can be booked by phone for any time liked. During the week the same catering is done, but the place is a perfect paradise for quietness where one can sit in the lovely gardens or ramble over the moors at will. Well-known people spend their holidays there, including Mr. Derek Oldham, the well-known actor, whose signed photograph hangs in one of the rooms."

**WAKEFIELD**

The good wives of Wakefield were famous for making Primrose vinegar. Wakefield gingerbread is another famous gingerbread.

**WENSLEYDALE**

Special delicacy, Wensleydale cheese. Some people prefer it to Stilton.

An Essex visitor writes: "Wensleydale cheese deserves mention, as also the Yorkshire and Lancashire habit of eating apple pie and cheese together (the cheese should be mild)."

Wensleydale Cheese is one of England's greatest cheeses. Some people prefer it to Stilton. (Florence White.)

**WESTOW**

The special dish here is fish pie.

**WHITBY**

Frumenty still eaten with cheese and gingerbread in this neighbourhood on Christmas Eve. Other special delicacies are Whitby gingerbread, which is one of the famous gingerbreads of England, curd cheese cakes, bakstone cakes, turf cakes, fat rascals, and yule cake.

A visitor writes: "My son, aged 18, and I stayed with Mrs. Roe, Craigmere, 8 Royal Crescent, Whitby, in Whitsuntide week, 1935. She gave us a private sitting-room with a sea view and four good meals each day for 5s. 6d. each and treated us with great friendliness. We shall go there again, because we know we shall have a good time there."

Miss M. Stevenson, Brook House, Saltwick is recommended, but no details of accommodation, etc. are given.

Mrs. H. Lowther, Wilson's Arms, Sneaton, Whitby, is warmly recommended. A visitor writes: "I have stayed there twice and hope to be there again at Easter and in July 1936. The food is excellent and the terms are only 6s. per day."

**WRIGGLESWORTH**  
(near Skipton)

The Plough Inn here is a very good inn, rather off the main road. It is kept by Mr. and Mrs. Preston. The cookery is really good Yorkshire cookery. "I have had there," writes a *Radio Times* reader, "really excellent ham and eggs (home produce) and last Shrove Tuesday (1935) splendidly served pancakes."

**YORK**

Special delicacies, parkin, curd cheese cakes, treacle tart, and goose pie at Christmas. Ham all the year round. Miss M. E. Pearson, 27-8 High Petersgate, York, is noted for Yorkshire parkin.

At 37 St. Mary's, very good cookery and every comfort can be obtained for £4 7s. 6d. per head per week.

Terry's Cafe is a very pleasant cafe with an excellent general menu, says Miss Gordon Holmes.

# Lancashire

**BARE, MORECAMBE**

mended by motorists.

The Elms Hotel. The catering and service here are recom-

**BLACKPOOL**

green peas.

Mussels are a special delicacy ; a favourite dish also is fish and

**BOLD**

Swans were common in these parts.

**BOLTON**

Special delicacies are boiled onions and cheese, brewis, spiced bread, liver and bacon, potato cakes, currant bread, Lancashire bun loaf, sheep's trotters.

**BURY**

Black puddings. Mrs. Ashworth, 69 Union Street, Bury. Caswalls's, 60 Union Street, Bury. Also for black puddings, a Bury speciality. Selfridge's, London, sell Bury Simnells.

**CHORLEY**

Chorley cakes.

**CLITHEROE**

(See under Yorkshire.)

**CONISTON**

The Rayburn Private Hotel.

**RIVER DEE**

Smelts.

**ECCLES**

Eccles cakes. Bradburn and Co., 56 Church Street, Eccles.

**EVERTON (Liverpool)** Everton toffee. The house where Molly Bushell made it is still standing.

**FURNESS FELS AND PENNINE RANGE** Red Grouse.

**GOOSNARGH** The local delicacies here are Goosnargh cakes.

**HAWKSHEAD** Wordsworth went to school here. The special Hawkshead cakes and whigs he enjoyed as a schoolboy are still made.

**KIRKHAM** The Fylde Café, 80 Poulton Street, Kirkham. (Mrs. F. Woods.)

**LANCASTER** Hot Pot and pickled red cabbage.

**LEGH** A special cheese of its own. Jannock (leavened oat bread) ; Braggot (a kind of spiced ale).

**LIVERPOOL** Potted shrimps. Large fresh shrimps called in Lancashire "Toppers" are supplied by John Duncan and Sons, 8 and 9 St. John's Fishmarket, Liverpool.

"Soissons of Bold Street, first-class confectioners (deserving three stars) sell particularly good Eccles Cakes," writes a reader of the 1935 GOOD FOOD REGISTER. She adds: "Lancashire Cheese also deserves to be better known; also a very good cream cheese used to be made in the Fylde, but I do not know if this is still done."

**RIVER LUNE**

Famous for its salmon.

**MANCHESTER**

Boddington & Lee, Manchester.  
Stone ground flour.

Professor Saintsbury in a letter recommended what was known as a Manchester dinner steak. He says it was 8 in. long and  $1\frac{1}{2}$  in. thick. Lancashire Hot Pot made with mutton, oysters and kidneys, accompanied as it always should be by a dish of pickled red cabbage.

Try the Albion Hotel, Swan Street. A lady who does not wish her name mentioned recommends it.

**NEWBY BRIDGE**

In response to my letter in the *Radio Times*, the Hon. — writes: "I beg to inform you that I had the best English luncheon that I have ever eaten at an inn, at the Swan Hotel, Newby Bridge, last week (September 19th, 1935). Everything including the salad was first rate. A good English waiter and good waitresses did their service well. The proprietors have been there for years and look after things themselves."

**NORTH MEOLS**

Dorval pies ; fig pies.

**OLDHAM**

Tripe with vinegar dressing and salad. Onion pasty, spare rib of pork.

**ORMSKIRK**

Gingerbread, potatoes, cabbage and cauliflowers.

**POULTON-IN-THE-FYLDE**

Formerly noted for soul cakes or soul mass cakes. Are they still made? If so, please let me know the address (Florence White).

## LANCASHIRE

<b>PRESTON</b>	Egg and bacon pie, potato cakes.
<b>RIVER RIBBLE</b>	Trout.
<b>ROCHDALE</b>	Oat cake.
<b>ST. HELENS</b>	Excellent Lancashire parkin (which differs slightly from the Yorkshire variety) is sold at Mercer's, Ormskirk Street, St. Helens.
<b>SEA COAST</b>	Wild fowl, mallard, teal, pochards.
<b>SOUTHPORT</b>	Potted shrimps, celery.
<b>ULVERSTON</b>	Mary Hutchinson's black puddings, treacle toffee, gingerbread donkeys. Betty Orman's oat cakes, Haver bread, "traycle" butter cake. On Good Friday, Salmon Scouse. Sugar butter cake.
<b>THE WYRE</b>	Abundance of trout and smelts.
<b>Local Delicacies</b>	Bannocks, Throdkin; egg and bacon custard.

## Midland Counties

GENERALLY speaking the central part of England is not so rich in dishes peculiar to its counties as is the north. Nevertheless there are foods which the stranger must certainly seek in these regions, for he will not get them so good anywhere else.

First, perhaps, comes cheese, which in the famous Stilton

of eastern Leicestershire provides an example of the finest kind of food of this kind anywhere in the world. Then there are Staffordshire hops, which give in the form of "Burton" some of the finest ale beloved in England. There are not many fish dishes peculiar to the Midlands, but lampreys are among them.

Banbury cakes, and God cakes at Coventry are indigenous forms of food that must not be overlooked. Fruit and vegetables are first rate in some parts of the Midlands, where the plums and the peas are unsurpassed. The good red Leicester cheese must not be forgotten.

J. B.

## Cheshire

### ARLEY HALL

The famous Mrs. Raffald, of Manchester, was housekeeper here, and gives recipes in her Cookery Book for jellied smelts, and hare soup, amongst other delicacies.

### CHESTER

You should be able to get fig pie, Chester buns, Chester pie and Chester pudding here. Ask for them.

### CONGLETON

Is noted for its gingerbread. Mrs. Reginald Hindley kindly sent some to the First English Folk Cookery Exhibition.

### DEE RIVER

Noted for salmon and trout. Pike abound in some of the pools of the Dee.

### DEE VALLEY

Damsons, blackberries, and strawberries are plentiful in this valley.

**FARNDON**

Farndon in Cheshire and Holt in Denbighshire are twin villages on the banks of the Dee. Noted especially for strawberries.

**FRODSHAM AND  
DELAMERE**

Famous for early potatoes.

**HOLMES CHAPEL**

Ye Olde Red Lion Hotel, Mr. John Gow, proprietor, is recommended for teas and luncheons. Fully licensed. Billiards. Motorists accommodated.

**KNUTSFORD**

This is Mrs. Gaskell's "Cranford"; does anyone now make Miss Matty's bread jelly, lobster patties, and "Little Cupids" (Love Wells)? If not, why not?

**ON THE MOORS**

Cranberries, cowberry and sundews (on some), grow and ripen.

**NANTWICH**

Eggs and poultry. Salt.

**PRESTBURY (near  
Macclesfield)**

Prestbury buns are famous all over the county.

**ROSTHERNE MERE**

The biggest mere in Cheshire, and the most picturesque, contains smelts.

**SANDBACH**

Noted for eggs and poultry, has also a market that sells cottagers' fruit. The town has a name for excellent ale and good cheese.

**WEST KIRBY**

"There is," writes a friend, "first-rate English cookery at the Hoylake Hotel, West Kirby, Cheshire."

**WIRRAL**

Miss M. J. Sibbald of the Spinning Wheel Café, Telegraph Road, Heswall, can be recommended for very good home-made cakes, scones, bread, jam, and light lunches with a variety of soups at a reasonable price.

## Shropshire

**CHESWARDINE**

Five miles from Market Drayton, is noted for its venison pasty.

**FORD AND CARDESTON**

Not far from Shrewsbury. The Women's Institutes here make excellent fidget or fitchett pie, a famous local delicacy.

**LUDLOW**

A gentleman has much pleasure in recommending the Angel Hotel, where he has "enjoyed good food and homely well-cooked meals on his motor runs."

**MARKET DRAYTON**

Noted for its gingerbread, obtainable from B. M. Hill, Confectioner, Market Drayton. Try also Chester's, Market Drayton, gingerbread, both are very good. Market Drayton gingerbread is one of the celebrated gingerbreads of England and Wales. The others are said to be Whitby, Grantham, Ormskirk, Congleton, Wrexham and London (Parliament cakes), but there are many more. There were, for example, the gingerbread valentines of Bath and the gingerbread husbands of Hampshire.

**MORETON CORBET**

Three miles from Market Drayton. Here you should get very good oatmeal biscuits.

**PREES**

Not far from Market Drayton. Pickled strawberries. Also cow-slip and primrose vinegar, are famous local delicacies.

**PULVERBATCH (near Shrewsbury)**

A reader of the *Radio Times* (a University woman) writes : " You are asking for the names and addresses where really good national cookery can be enjoyed in England. I should like to recommend the White Horse Inn, kept by Mrs. M. Cocks, Pulverbatch, near Shrewsbury. Mrs. Cocks is a splendid cook, and she uses the best materials, home-grown vegetables, home-fed hams and bacon, home-reared chickens and ducks, and though Pulverbatch is a tiny place off the beaten track there is a good lunch for any traveller or visitor on any day. Pulverbatch air gives one an appetite, but I have never enjoyed food so much as at the White Horse."

**RIVERS TERN, CLUN AND CORVE**

All these are grayling rivers.

**SAMBROOK**

Between Market Drayton and Newport. Noted for broom-flower wine.

**SHREWSBURY**

Noted for Shrewsbury cakes, a large biscuit. Shrewsbury simnels are, I am sorry to say, no longer made. They were a rich fruit cake mixture enclosed in a raised pie crust which was coloured and flavoured with saffron. There is an illustration of one in *Chambers' Book of Days*. They tell me they have not been made since the war. Warden pies mentioned by Shakespeare were made in the same manner. Scotch bun, which is still made to-day, is of the same type as Shrewsbury simnel.

The Lion at Shrewsbury is a famous old inn (a Trust House. See *Tales of Old Inns*.)

Shropshire women are notable cooks, some of their special dishes are Savoury Veal, Jugged Rabbit, Luncheon Sausage, Pickled Eggs for a Relish.

**UPTON MAGNA** (near Shrewsbury)

Is noted for its honey beer.

**SHELTON** (near Shrewsbury)

Milk-fed chicken, beautifully dressed, can be obtained post free at a remarkably reasonable

price from J. D. Blyth, Esq., Shelton Poultry Farm, Shelton, near Shrewsbury, Shropshire.

## Worcestershire

**BROADWAY**

"The Broadway Hotel here," says Mrs. F. M. S. Newton, "has just been opened by two young men, Mr. Whiteman and Mr. Yates, who have succeeded in turning a very old house into a very comfortable hotel."

The Broadway Hotel is a place to stay at. Excellent cooking and *not* "ever the same hotel fare."

"We stopped here for lunch and if ever you pass through this well-known village pay a visit to St. Patrick's Tea Rooms. They are run by a lady who evidently knows how to do things; artistically arranged rooms, with attractive china and many gaily coloured objects of art to buy, with home-made cakes, jam, etc., and she possesses that priceless treasure, a good cook! Lunch was 3s. 6d. and the menu: cream of tomato soup, hot roast chicken, bacon, bread sauce, new potatoes and peas, or you could have cold lamb, mint sauce and salad. For sweets there was a choice of strawberries and cream, raspberries and cream, plum tart and cream. Then cheese and coffee."

Mrs. Joe Lamond, who is on the Council of the E.F.C.A., also recommends St. Patrick's Tea Rooms very highly, and she does not recommend lightly.

The Lygon Arms. Perfect English and French cookery. Mr. Russell prides himself on his own special grill, and on his Cotswold honey. All the meat is Cotswold, Welsh, English or Scottish. The Lygon is of course perfect in every respect. Its perfection has been a labour of love of the owner. One of its small treasures is a wooden apple-corer, belonging to the daughter of a sixteenth-century owner of the hotel. The Lygon Arms is also recommended by Lady —, Canada.

**COLWALL (near  
Malvern**

The Park Hotel, Colwall is well recommended.

**DROITWICH**

Salt springs and baths. Salt.

A lady who does not wish her name mentioned recommends Norbury Hall Hotel.

Raven Hotel, opposite baths. Very comfortable semi-luxury hotel. Very good cosmopolitan food. Also St. Andrew's House, a private hotel, more like a country house. "Very good English cooking. Exceedingly moderate terms." Both recommended by Miss Gordon Holmes.

**EVESHAM AND  
PERSHORE**

Celebrated for plums. Pears and cherries are also important.

Other specialised areas of fruit production are Worcester, Tenbury, Great Witley, Upton. Large quantities of green peas, cabbage, broccoli, brussels sprouts, asparagus, leeks, onions, etc., grown in these districts.

The Mansion House Hotel, Evesham. Recommended by Mr. Gerald S. Hughes.

**EVESHAM**

Try the Crown Hotel. When I lunched there in 1927, it was very good indeed. Let me know if it is keeping up this reputation. (Florence White.)

**GREAT WITLEY**

Noted neighbourhood for growing leeks.

**MALVERN**

A lady who was for many years on the staff of a London Training College writes: "Our students were drawn from every part of England, and we had great fun once in my English class collecting recipes of the characteristic foods of the different counties. Not much to do with English perhaps but we had been going over a fourteenth-century cookery book. This summer we were in Malvern and had a delightful light lunch at the Mascot Tea Room, Graham Road, Great Malvern and Church Street. Table d'hôte and *à la carte* at the first, and light luncheons at the second. Our light luncheon consisted of soup, really hot, served in a little brown pot, fish, and a cream ice, as good as those we had in a New York State forty years ago. When we went to the first Malvern Festival the Mascot people arranged to provide suppers (if ordered the day before) to be served during its interval, when a very long play was on and we had an hour, as in *Back to Methuselah*."

**TENBURY**

Asparagus.

**TENBURY WELLS**  
(Broadheath)

A Sheffield person of importance writes: "I have seen in *The Radio Times* your request for the names of inns, etc., wherein good natural cookery has been enjoyed, and now have the greatest pleasure in contributing the name of a Worcestershire inn, the Fox, Broadheath, near Tenbury Wells.

"Here I have twice a year for fifteen years enjoyed the most liberal and home-like hospitality and so have my friends and relatives.

"Natural cookery is here most excellent—the joints, poultry, fruit tarts, home-cured bacon and ham, fresh eggs, butter and cream are a credit to English tradition.

"The Fox is situated in its own farm grounds, which produce its own requirements. The comfort of visitors is most carefully studied, and the remarkable memory of the ladies of the house for the preferences of regular guests has often astonished me. It would be a pleasure to see the Fox Inn in your list. It is owned by Mrs. E. G. Haywood, who is also the licensee."

"I should like to add my endorsement to others," writes another Sheffield reader of *The Radio Times*, "regarding the Fox Inn, Broadheath, and to say I have stayed there two or three times a year for very many years (over twenty years at any rate). During this time I have met over and over again the same regular guests—chiefly from London and Birmingham—than which there can be no sounder testimonial. The table at the Fox is not only liberal but it is of the most delectable English character." (And this is a Yorkshire man, and we all know that Yorkshire is the Mecca of those who love good cooking. Cheers. F.W.).

A reader of *The Radio Times* writes: "I can strongly recommend the Fox Inn, Broadheath, near Tenbury Wells. I have stayed there on numerous occasions and for long periods in 1911, 1921, 1930, and 1934, and was there again a few days ago. The accommodation is good. The food is good and no trouble too much for the kindly people who keep it. The surrounding country is really lovely. Excellent trout fishing in the Teme a few miles away, and I can most strongly recommend it to anyone requiring a real country holiday and complete rest."

## UPTON

Onions, etc.

## WESTERN VALLEYS

Hops are the special produce here.

**WORCESTER**

Go to Mrs. Smith, 44 The Tything, Worcester, for green-grocery and fruit and for excellent home-made pickles, jams, and jellies, mushroom ketchup, and to George's in the High Street for potted lamperns, and stewed lampreys. Potted Lamperns are in season between October and March.

Potted lamperns, stewed lampreys, mushroom ketchup, plum wine (jerkum), herb vinegars, Worcester sauce, curd cheesecakes, are the specialities here.

Don't visit Worcester without calling on Mrs. Smith, Greengrocer, 44 The Tything, Worcester. She makes the most delicious jams and pickles imaginable.

**General Food Specialities**

Roast pork with mint sauce.  
Worcestershire stuffed hare.  
Baked beef. Seed loaf. Curd cheesecakes. Plum wine (Jerkum). Apple pudding. Worcester sauce. Milk exporting in the south and dairying in the vicinity of large towns.

## Herefordshire

**HEREFORD**

Famous for its Wye salmon; chickens stuffed with green herbs are in the farmhouses round about roasted with a loin of pork, mutton chops are made savoury seasoned with herbs. Lard "rendered down" by farmers' wives is flavoured with rosemary. Cider is a special drink, and cider cup and cider syllabub are also made. Beef and veal are excellent. Calf's heart stuffed and roasted is very good indeed and is called "Love in Disguise." A good deal of jam is made. Whortleberries and crowberries are amongst the wild fruits which are made into pies and puddings.

A lady writes from Devonshire: "I found the menu well

chosen throughout, and the cooking *good*, far above the average, at the Green Dragon, Hereford."

The Green Dragon is highly recommended by a London lady.

### ROSS-ON-WYE

The Westfield Hotel here is recommended by a reader of *The Listener* for good English food.

### RIVERS WYE, LUGG,

These are grayling rivers.

### ARROW AND FROME

## Monmouthshire

On the high heathy ground whinberries grow freely.

On the seashore (Bristol Channel) there are large flocks of grey and green plover, knots, etc. Knots, King Canute's favourite bird. A dish cooked was exhibited at the First English Folk Cookery Exhibition held in London, January 16th, 1936.

### HILL FARMS (near Monmouth)

The farmers' and cottagers' wives make their own bread and cottage cheese. Each cottage has its own garden. The women are wonderful housewives.

### MONMOUTH

The King's Head is an old house modernised in Georgian times. There is excellent sport to be had at Monmouth, the salmon and trout fishing being famous; there is good shooting and famous beauty spots are within easy motoring distance.

**TINTERN**

At the Beaufort Arms they have a very good woman cook, who makes excellent meat pies and fruit pies, etc. Recommended by Miss Gordon Holmes.

Go to the Royal George for good national cookery.

**WELSH NEWTON**

The farmers' and cottagers' wives on the Hill Farms near Monmouth make their own bread and cottage cheese. Each cottage has its own garden. (The women are wonderful housewives. "I once knew a woman who kept house splendidly for her husband, herself and six children on 30s. per week." Florence White.)

**RIVERS WYE AND USK**

Famous for salmon and other fishing.

One very good thing

Treacle posset.

## Gloucestershire

**AMBERLEY (near Stroud)**

The Amberley Inn is recommended for good food and comfort.

**BIBURY**

The Swan Hotel is recommended for really enjoyable English cooking.

**CIRENCESTER**

At the Wellesley House Hotel the food is reported as "very good indeed." So it is at the Stratton House Hotel; charges moderate at both.

You will find good food and cookery at the King's Head.

A visitor in 1935 to Cirencester, who made it their centre for the Cotswolds, and stayed at the Wellesley Hotel writes : " My husband and I feel that it would be a good thing to include this hotel in your GOOD FOOD REGISTER. It is not in the least like an hotel but is like a well-run private house, perfect cooking and most willing service. My husband says the cooking is quite equal to the best London hotels. We cannot speak too highly of it. Of course you are not 'entertained' but find your own pleasures. Many of us appreciate this also.

" My sister, who lives in Geneva, writes : ' I long for English cookery.' "

**CLEAVE HILL** (near  
Cheltenham)

The Cleave Hill Hotel has been recommended as being very good.

**CHELTENHAM**

At the George Restaurant potted lamperns can be bought between October and March if the Severn isn't flooded about Worcester which it sometimes is. The Queen's Head. The Plough Hotel. Both good.

**CHIPPING CAMPDEN**

" We had tea twice at the Golden Cockerel, and it was one of the best teas I've had in my life," writes Mrs. Joe Lamond. " They make an excellent bread which melts in one's mouth. Their home-made jams and honey are very good. It is a charmingly furnished little place."

**CHIPPING SODBURY**

Frumenty. Mrs. Tanser of the St. James' Hotel, Henry Street, Bath, says her mother, who owned a dairy farm near Chipping Sodbury, used to prepare frumenty as a cold sweet, for Mothering Sunday, with eggs and fruit, but added also a

little cream. She then put it into Bristol china bowls and sent it to her best customers to be served as a cold dinner sweet for mid-Lent Sunday. The bowl had to be returned. Her sister, Mrs. Tate, remembers seeing her mother make real "bag puddings." She had several long bags made like long sleeves, and into a bag the dumplings were slipped one at a time and the bag tied above each so that when it was full it resembled a chain of sausages.

**EPNEY**

Elvers (the whitebait of the West) are immature eels, as slim as threads, that abound in the Severn at Epney below Gloucester. They are carried round in baskets and cried in the streets. Washed clean with salt and water, floured and fried in boiling fat, they are very nutritious. A plateful makes a complete meal for a working man ; the Germans buy them alive, carry them back to Germany and cultivate them. The Severn is famous for its shad (in season in May) as well as for its salmon, and sturgeon also are taken sometimes in the Severn. Both shad and sturgeon can be stuffed with veal stuffing baked with bacon, and served with brown sauce sharpened with lemon juice or chopped pickled gherkins.

**FAIRFORD**

Noted for its chitterlings made up into savoury faggots.

**FIFIELD**

You can get here rabbits cooked in a particularly savoury manner ; they are baked in milk.

**FOREST OF DEAN**

There was a celebrated wood of Spanish or sweet chestnuts here. At the Speech House Hotel they serve a special pudding called Speech House pudding. This Speech House was one of six old lodges, and from earliest times its site was used for holding the Forest Law Courts. An annual festival is held

here, and the oath is said to have been taken on a sprig of holly—or mistletoe?—instead of on the Bible as usual.

**FORSE (near Cheltenham)** "Having seen your letter in *The Times*," writes D. Tewson, "I shall be very glad if you will insert in your book the name of the Forse Bridge Hotel, Forse, near Cheltenham, and you can say I recommend it. It is a delightful spot to stay at in The Cotswolds and a good old English pub, with excellent cooking."

### **GLOUCESTER**

Famous for its Royal pie. A lamprey pie 'embellished with golden ornaments was sent annually as a Christmas present from the Corporation of Gloucester to the Sovereign of the Reign down to the time of the Corporation Reform in 1830. The custom was revived in 1893 by the Mayor of Gloucester, Mr. John A. Matthews, at his own cost. The pie was made by Mr. John A. Fisher, of Tudor House, Gloucester, and one was sent to Queen Victoria in her Diamond Jubilee year. It weighed 20 lb., was oval in shape, the crust garnished with truffles and crayfish on gold skewers, and aspic jelly; on the top was a gold crown and sceptre and at the base were four gold lions.

The gold skewer heads were in the form of crowns and on either side of the pie was a white silk banner, on one of which was the Gloucester coat of arms and on the other two lampreys entwined, with the inscription beneath "Royal Lamprey Pie, Gloucester's Ancient Custom, from the Norman Period to the Victorian Era."

These particulars were given to Florence White by Mr. Smith, head of the kitchens at the Old Plough Inn, Cheltenham, in 1928; when an apprentice he helped to make this pie and told her of a pamphlet Mr. Fisher had written on its history, which visitors may see in the Gloucester Public Library.

The Bell Hotel. Good all round. The New Inn. A quaint old building.

G. R. Lane, M.A., Cantab., Ladybell Gate Street, Manufacturer and Agent for confectioners' supplies, confectionery tin ware, everything for the sweet maker and cake decorator. Write for price list. Recommended by Florence White.

**LECHLADE**

Good food and cookery is the order of the day at the Lime Tree Guest House, Lechlade, owned by Mrs. Whittall. It is recommended highly by a woman doctor who stayed there this summer (1935).

**MORETON-IN-MARSH**

At the Redesdale Arms Hotel (on the London-Oxford-Worcester Road) really good simple cookery of good English food can be enjoyed while it remains under present management. Recommended by Miss E. Lea, who has stayed there more than once.

**NEWENT**

Baked apple dumplings are called here "apple cobs." Very fine strawberries are grown locally.

**NEWNHAM-ON-SEVERN**

A lady writes from here: "I see your letter in *The Times* on good English food and as I have experienced many hotels lately I am writing to say that the food at the Unlawater Hotel here is quite remarkably good, as good simple English cookery. The whole place is very attractive, quite admirably run by Mr. and Mrs. Meak, and their two daughters. The garden is large, provides excellent vegetables and fruit for use in the house. The food is all good of its kind, admirably cooked and served, no imitation of French or other cookery as is so often tried and so seldom with success in many hotels.

The house is not large, putting up twenty at the outside, charges are distinctly moderate. The views over the Severn and the Cotswold Hills from the house are delightful."

### **PAINSWICK**

Groynfa House Hotel is exceedingly well run and very quiet and comfortable. The cooking is especially good. Recommended by Miss Cecil Cardale.

### **STOW-ON-THE-WOLD**

The Talbot is recommended for good simple food and cookery and cheerful service. It is a small hotel. Room, 5s. Lunch, 3s. 6d. Dinner, 5s.

### **STROUD**

The Amberley Ridge Hotel, near Stroud, can be recommended from personal experience for good English food. (Rodborough Common.) The Bear here is recommended by F. J.

### **TEWKESBURY**

The Swan Hotel. Good dinner and breakfast. Room and breakfast, 9s. Lunch, 3s. 6d. Dinner, 5s.

The Royal Hop Pole. We chose this hotel because the name sounded so attractive. "Pickwick" is said to have dined there! It is an excellent hotel, not cheap; however, they do you well for your money. The food we sampled was excellent and perfectly cooked.

The dinner menu was: Hors d'œuvre variés. Cream of chicken soup, clear vegetable soup, fried sole and tartre sauce, grilled cutlets and tomatoes, chipped potatoes, roast duck, apple sauce, peas and potatoes. Asparagus and melted butter, strawberry melba, wine jelly, dessert. All for 6s. Room, 8s. Breakfast, 4s.

There is a most attractive garden leading down to the

river, with cherry and fig trees and all kinds of flowers, garden seats, and umbrellas put up for people to sit out. The sitting rooms are also very attractive. Recommended also very highly by "The Londoner" (London *Evening News*).

The Bell Hotel. We did not stay here but went in to see it, and I should say it is well worth a visit. Very nice people run it, it is a very old building, believed to have been the ancient monastic Guest House. The dining-room contains two thirteenth-century wall paintings. There is also a most attractive garden here. Room, 5s. Lunch, 3s. 6d. Dinner, 5s.

**WESTON BIRT** (near Tetbury)

The Hare and Hounds Hotel.  
Excellent coffee at 11 o'clock.

**WILLESEY** (near Broadway)

In answer to my request in *The Listener* for names of good inns, tearooms, etc., an American

lady from Boston says: "I am very happy to write of one which has given me and my friends much satisfaction these past two summers. It is the Malt House, Willesey, near Broadway, managed by Miss Mason and Miss Milne, who serve as appetising and delicious tea as I have found in my travels in England and very reasonable considering that only the best materials are used in all the making of the bread, cake and jams—no cheap substitutes, as are found in the cooking at many more expensive places. Jellies, jams and a great variety of cakes and sweets, are other products which these able young women offer to the travelling public."

**WINCHCOMBE**

The few guests staying at the Old Bakehouse, Stanway, Winchcombe, on September 9th, 1935, would like most warmly to commend Mrs. Wynneath's little house which is situated in a most beautiful corner of the Cotswolds. The few guests that can be accommodated at one time in this little house

can rely on thoroughly enjoying every meal ; every detail is of the best and the meals are served in a simple but very attractive way.

## Oxfordshire

### ABINGDON

mended.

Have a shot at the Crown and Thistle, which is highly recom-

### ADDERBURY

Famous for its real *green* gooseberry jam, also for rook pie.

### BANBURY

The most delicious Banbury cakes made are sold at E. W. Brown's, 12 Parson's Street, Banbury. It is known as "The Original Cake Shop," and was established in 1638.

The White Lion is recommended by F. J.

### BICESTER

So is the King's Head at Bicester.

### BLOXHAM

Ask here for "lardy cake" a favourite Oxfordshire delicacy. See also if you can get Statute Fair plum pudding.

### BRIMPTON GRANGE

Wheatley.

F. J. also recommends the Hotel, Brimpton Grange, near

### BURFORD

The Lamb Hotel. Highly recommended by Mrs. Joe Lamond, who found the cooking excellent. Home-cured ham, etc. daintily served. Good accommodation. Local delicacies are

spatchcocked eels (enjoyed by "Verdant Green"). Eels and crayfish are found in the Windrush. Mrs. Monk, the wife of the historian of Burford, is famous for her home-made wines. She says she gathers the cowslips herself and sprinkles the yellow pips to dry on the floor of her attic; then she says they smell like honey. She also pickles elder buds as a substitute for capers for caper sauce, and told me of a farmer's wife who makes swede wine. Another Burford and Fulbrook delicacy is onion soup.

Here in the early part of the nineteenth century at the top of Lime Tree Hill, a Mr. Huntley, a Quaker, kept a boys' school. His wife was a good cook and made a variety of little cakes which she sold, and this was found so remunerative that in 1812 they gave up the school and with a Mr. Palmer as partner took a shop in Reading. This was the beginning of the famous firm. The house at Burford is still standing and has recently been restored.

A man visitor says he has lately spent a fortnight at the Cotswold Gateway Hotel and found the cooking simple and good, not the ordinary hotel fare. He has no financial interest in the hotel. The manager of the Gateway, he says, told him he never employs hotel servants but gets his cooks from private houses.

The Old Swan at Minster Lovell, near Burford, was also visited by Mrs. Lamond and found excellent.

## DEDDINGTON

Pudding pies used to be made here for the old Deddington

Fair, held on November 22nd. It was known as the Pudden Pie Fair, but the Deddington Fair is now no more. A Deddington pudden pie was, however, made by Miss R. F. Fowler of Deddington and exhibited at the First English Folk Cookery Exhibition, organised by Miss Willans, M.B.E., in the Lecture Hall of the Gas Light and Coke Co., Church Street, Kensington, London, W.8, on January 16th, 1931.

**FIFIELD**

Miss Janet Esdaile had served by her landlady swede shoots that had been banked up to blanch, and were then cooked and eaten as asparagus.

**THE GATEWAY HOTEL**

"Excellent cooking and not the ever same hotel fare," Another satisfied customer.

**IDBURY**

Carrot wine and pudding are favourite delicacies in this neighbourhood. There are also very delicious Cotswold ways of baking rabbit with milk and making "harslet."

**KINGHAM**

If you are here in March and the beginning of April ask for lambs' tails pudding or pie or fried lambs' tails at the Langston Arms near the station, which is noted also for its excellent home-cured hams.

**MINSTER LOVELL (near Burford)**

The Old Swan. Recommended as very good and not expensive by Mr. Michael Todd, who says "I have been here several times each year for the last six years."

The Old Swan was also visited by Mrs. Lamond and found excellent.

**OXFORD**

Oxford Hotel. Recommended by Mrs. Adams.

The Mitre is famous for its marrow bones, recommended by the late Sir George Duckworth, C.B. Noted also for Coopers' Oxford Marmalade, which was for years made in the kitchens of an hotel here. Charles Clark, 99-100 Middle Avenue, The Market, Oxford—the sole maker of real Oxford sausages

(Mrs. Spreadbury's sausages). These are the skinless sausages mentioned by Professor Saintsbury.

Other delicacies are Oxford Johns, New College puddings, boar's head at Christmas, red herring and corn salad at Easter, Oxford brawn sauce, and fried Oxford dumplings. At one time Ben Tyrrell's little mutton pies (raised pies) were a great delicacy ; now it is said they are no longer to be found, but the E.F.C.A. has the recipe.

# THAME

A correspondent writes: " About the middle of August (1935) I was motoring with two friends and we stopped for lunch at the Spread Eagle Hotel, Thame, Oxon, where we had an excellent lunch, well-cooked and well-served. We had soup, salmon, mutton and fruit (stewed) and cheese, each so good in its way that we wondered as each course came up what the price would be. We were agreeably surprised to find it was only 3s. 6d. each, and I thought it a very moderate price for so good a dinner. I heard some Americans at another table saying to the waiter that they must have a good chef, and he replied that they have a lady cook. I am glad to give my testimony to the good quality of the food at that hotel but I would rather you did not publish my name."

# WITNEY

The Home-Maid, 39 High Street, Witney, is a highly recommended restaurant, also praised by Mr. Todd.

Lardy cakes were a special delicacy at Witney Fair.

# WYCHWOOD

Noted for its sultana bread.

## Warwickshire

### **BIRMINGHAM**

The Plough and Harrow Hotel,  
Edgbaston, Birmingham. Miss

L. A. Whittingham, Director.

Birmingham and District are noted for potted shrimps, home-made rhubarb and other wines, treacle tart.

The Central Restaurant is recommended by a lady.

### **COVENTRY**

A lady recommends the Pepper  
Pot Restaurant, Pepper Lane,

Coventry.

God cakes. These are three-cornered pastry cakes in the form of an isosceles triangle, filled with mincemeat and made especially for the New Year. Peculiar to Coventry. This is one of England's historic cakes. You can buy jolly good ones at R. H. Buckingham's, Confectioner and Baker, 56 Earlsden Street. Coventry is also noted for its pigeon pie.

The King's Head is recommended by F. J.

### **KENILWORTH**

Special sponge cakes.

### **NUNEATON**

The Bull, the Market Place,  
mentioned by George Eliot in

*Janet's Repentance*, is recommended by Mrs. Turner.

### **SHIPSTON-ON-STOUR**

The George Hotel rents some fishing and in the river large numbers of crayfish abound. A special dish when in season is crayfish and bacon savoury. The proprietor, Captain E. A. Baring-Gould, is a second cousin of the author, and various family recipes are prepared and served.

### **STRATFORD-ON-AVON**

You ought to get baked apples here served with carraway comfits, but I don't know if you will. Shakespeare mentions

them. The carraways are a good digestive, and for this are eaten with the baked apples.

Arden Hotel ; this is a beautiful old house, flowers everywhere, hot and cold water in bedrooms and most comfortable beds. Remarkably varied menu of unusual and unusually good food. Perfect clear soup, home-made rolls. Recommended by Miss Lilian Bayliss of the Old Vic., also by Miss Gordon Holmes.

The Arden Hotel. Room, 6s. Lunch, 3s. 6d. Dinner, 5s. Pension, 16s. Is very highly recommended.

"A good meal," writes a visitor, "can be obtained at the Falcon Hotel, Stratford-on-Avon, at a reasonable price."

At the Riverside Hotel Restaurant here the cookery was particularly good, simple, but well cooked and very well served. Recommended by Mrs. Rowland Barker.

"We stayed at The Welcombe," writes Mrs. Lamond, "most comfortable."

And here is another person recommending The Shakespeare! I hope the immortal William's ghost is pleased.

The Shakespeare, everything excellent, but you pay for it.

## **SUTTON PARK**

Wild cranberries, whortleberries, black crowberry are found here, or used to be. What is the report to-day? Please write and tell the E.F.C.A.

## **Cookery general to the County**

Baked milky rice pudding with raisins in it. Raised pork pie with raisins in it. Potted shrimps. Home-made rhubarb and other wines. Treacle tart. Pancakes. What else? Come on Warwickshire.

# Staffordshire

## ABBOTS BROMLEY

Wakes Cakes.

## BURSLEM

(Stoke-on-Trent)

Mr. J. Wedgwood Myatt wrote on October 17th, 1931, that

frumenty is eaten plain or with currants and valencia raisins, black currant jam, cooked prunes or golden syrup, or even honey; and oatcakes, pikelets, muffins, etc. are local specialities. See you get them when you visit this place. You may not unless you ask for them.

Mr. Colley Shorter gave the E.F.C.A. in 1931 the recipe for "Collier's Pie," which he said would be worth a fortune to any restaurant.

## BURTON

Burton Ale.

## CANNOCK CHASE

The most southerly point in England where the red grouse

breeds.

## CHEADLE

Pikelets are the chief local delicacy, but there are Simnel

Cakes also.

## CHEDDLINGTON (near Leek)

Mrs. W. Bradford writes, that when staying here in 1929 she had "beastings pie," and my

father, who was born in Leek, says he often had it when he was a boy. A pie dish is lined with short pastry and the beastings sweetened are poured in and the pie baked.

## DRAYTON BASSETT

The largest trout ever captured in England was taken here.

**DRAYTON-IN-THE-  
MOORS**

Fig Pies at mid-Lent.

**ILAM**

A lady writing from Lancashire says: "My sisters spent a few days last month (in September 1935) at the Izaak Walton Hotel, Ilam. (This hotel stands  $\frac{1}{2}$  mile East of the village of Ilam.) They found it most comfortable. The food was excellent, my sister said the bacon she had there was the best she has tasted for a long time and she always eats bacon for her breakfast and is rather critical. She is a good judge. The proprietor has several farms and I imagine the bacon is home-fied and home-cured. The attendance is very good. It was a nice old-fashioned inn many years ago, but changed hands and went down very much at one time, but now it is under very good management, and my sisters hope to go there again. The cooking is English not imitation French.

"Ilam is not far from Ashbourne, Derbyshire."

**NEWTON SOLNEY**

Salmon are found in the Dove but not beyond Tutbury. The trout of this river are much prized. Izaak Walton and Charles Cotton fished here.

**IN THE NORTH**

Woodcock and snipe both breed. Raised woodcock pie is a county dish. Moor game and red cabbage is a favourite dish.

**SHALLOWFORD**

Here was Izaak Walton's farm. The Meece flows past it and was undoubtedly fished by him. In the meres and large pools, pike; perch, barbel, chub, roach, dace, and bream are all common. Aquatic birds breeding in the county are the wild duck, teal, pochard, moorhen, etc.

**STOKE-ON-TRENT**

"Can highly recommend food at the North Stafford Hotel, opposite the Station," writes an enthusiastic traveller.

**TEAN**

A particularly good cheese is, or used to be made here for toasted cheese. Ask for it. It is only by asking for things that we can keep up the supply. People won't make things that are not asked for.

## Derbyshire

**ASHBOURNE**

Ashbourne gingerbread biscuits are very good. They are "home-made" biscuits, but can be bought at H. T. Spencer & Sons, Caterers and Confectioners, St. John's Street, Ashbourne.

The Royal Oak, Hanging Bridge, is another hotel recommended in a list that includes some of the best hotels we have in England.

Green Man, and Black's Head. Very good and a former haunt of Dr. Johnson. You can sit in his chair in the bar. F. J.

**BAKEWELL**

At the Lathkill View Hotel, Over Haddon, Bakewell, the cooking, we are told by a lady, was superb, the "amazing cook" being Miss Lorna Carlyle.

The address for Bakewell tarts is Wilsons, The Square, Bakewell, Derbyshire. "I can assure you," writes my informant (a most distinguished man whose work as an artist is well known), "their Bakewell tarts are something to be remembered."

"My husband and I travel a good deal," writes Mrs. Bush,

"and find the majority of English hotels very poor with regard to catering. This, however, is excellent at the Rutland Arms, Bakewell. The quality of the food is excellent and the portions ample. There is a resident proprietor."

**BELPER**

Was an important feature of the great Forest of Duffield. Here, in the fourteenth century, stood the great larder where venison was salted down or stored for winter consumption.

**BRETBY**

Bretby sandwiches are very delicious. The recipe is given by Francatelli, who was at one time in charge of the Royal kitchens in the reign of Queen Victoria. There are fallow deer here, also at Alfreton, Calke Abbey and Chatsworth.

**BUXTON**

Noted for its mineral waters, Thermal and Chalybeate ; high season June to October, but there is also a winter season with various winter sports.

The Haddon Hall Hydro is strongly recommended by recent visitors for its good food and cookery.

**CASTLETON**

Mr. W. Biller, Professor of Music, writes : " I have pleasure in giving you an address of just such a place as you would wish. I discovered it some years ago and have recommended many friends to it and they are all unanimous in their praise. Good wholesome home-made (in nearly every case) food at a very reasonable charge, a splendid seventeenth-century house—once the vicarage, and a cordial welcome. The address is : Miss Hall, Cryer House, Castleton, Derbyshire."

**CHATSWORTH, HARD-  
WICK, CALKE ABBEY**

Red deer in these parks.

**CHESTERFIELD**

Rabbit stew with suet crust.  
Oatcake. Sultana malt bread.

Messrs. Hadfields, Pork butchers.

**DERBY**

Frumenty was "cried" as hot wheat in the streets of Derby up to the beginning of the twentieth century. This is not surprising as it is our most distinctive national dish and is still prepared and eaten in many parts. It was served with venison, and as a soup in the fifteenth century, as well as separately as "porridge" or a dinner sweet. Derby cakes are famous.

**RIVERS DOVE AND WYE** These are grayling rivers.

**DUFFIELD**

Local delicacies are rich spiced bread, bread or dough cake, Derbyshire steamed batter pudding.

**EDALE**

The Church Hotel, Edale, kept by Mr. Frederick Heardman, is also recommended very highly for good food and cookery.

**GRINDLEFORD**

Colonel — writes: "I saw your letter in *The Times* and understand you are compiling a list of places where local delicacies can be obtained. It may interest you to know that we stopped at the Maynard Arms Hotel, Grindleford, near Sheffield, both last year and this, 1935. Their local delicacies, which I can confidently recommend, are Bilberry Tart, Orangé Soufflé, Derbyshire Cream, and Steak and Kidney Pudding."

**KEDLESTON PARK**

Fallow deer. The lake here is a favourite resort of wild fowl, mallard and widgeon.

**LANGWITH**

Langwith has a pudding of its own to which a name is given. Ask for Langwith pudding and see if you like it.

**LONGNOR (Staffordshire)**

Here there are lovely views of Dove, it is an excellent centre for the Upper Dove district. A woman doctor who has stayed at the Crewe and Harpur Arms Hotel (Room, 2s. 6d. ; Lunch, 3s. ; Dinner, 3s. 6d.) recommends it very highly for good food and cookery. It is a moorland village in the N.E. corner of Staffordshire on the borders of Derbyshire.

**MATLOCK**

" Mention must be made of the Cinema Café where there was exceptionally good bread and butter and tea," writes a lady who was surprised there are not more pleasant restaurants or tea shops. Is there an opening for such in other places ? Or are the catering arrangements at the hotels and hydropathic establishments on the hills that have such lovely views, so good that other restaurants are eclipsed ?

**MELBOURNE**

Locally grown vegetables.

**ROWSLEY**

The Peacock Hotel is highly recommended for good food and cookery.

**TRENT**

In this river there are pike of large size.

**UPPER MOORLAND**

Grouse in the North. The red grouse breeds here freely ; a few pairs of curlew, golden plover, snipe and dunlin breed here.

**General**

Cheese making. Derby Gondas, a small cheese. Curd cheese-cakes. Pig rearing. Raised pork pies. Venison. Savoury

oatmeal pudding. Red whortleberry pie and jelly. Red whortleberries are used also as a stuffing for grouse. Cloudberries are found—and medley pie is a local delicacy. Derbyshire cookery is very good.

## Nottinghamshire

### **BARNBY MOOR**

Ye Olde Bell is a very good inn, clean and reasonable charges.

### **BUDBY**

Swans and other water fowl can be seen in the brown-shaded water in the River Meden. In this neighbourhood therefore swan pie and roast swan may be expected, especially at the great annual dinner, where old customs are kept up, as they are annually, also at Mansfield.

### **CHILWELL**

“ There was here in 1577 an old grape vine that yielded grapes sufficient to make a right good wine.”

### **CLARBOROUGH**

A large number of strawberries are grown here.

### **COLWICK**

(See Nottingham.)

A delicious cheese is made here, quite as good as Camembert.

### **MANSFIELD**

A raised pie filled with gooseberries is one of the features of Mansfield Fair in July, but it can be bought all the year round, made of bottled gooseberries, from J. H. Mann & Son, who exhibited two pies at the First English Folk Cookery Exhibition.

The warden pies mentioned by Shakespeare were made in a raised pie crust flavoured with saffron.

**NEWARK AND  
KIMBERLEY**

Nottingham Ale is also made here. These two places supplied the Midlands, even the North of

England, with ale brewed from the barley grown in the Vale of Belvoir.

**NOTTINGHAM**

Famous for its ales, also herb beer (Mason's). Goose Fair is

held the first Thursday in October. Colwick cheese is sold in King's Stores, Nottingham, and often at the cottagers' stalls in the market.

Famous for its Cowslip Vinegar and Rook Pie. Not perhaps in the town itself but in the South Notts region which is also noted for its Old English Plum Cake.

King's and Talbot Restaurants both highly recommended by a lady who does not wish her name given.

If you want good food and cookery try the Black Boy, Nottingham.

**NOTTINGHAM AND  
RETFORD**

All kinds of vegetables grown in market gardens for local consumption. Of these picked

green peas are a special feature.

**SHERWOOD FOREST**

You ought to be able to get venison pasty and red currant

sauce in this neighbourhood. Ask for it. In days of old they served venison and frumenty.

**SOUTHWELL**

The Olde Saracen's Head. This is another hotel that can be

heartily recommended. Mr. Heald, the proprietor, is the

perfect " Mine host " and his breakfasts, especially if the party be a large one, have to be seen to be believed. For seven of us, there was a dish stretching right across the table with bacon, sausages, kidneys, tomatoes, chops, mushrooms, with a second dish of fried eggs. We generally let Mr. Heald know when we shall be staying the night, or calling for a meal, though I don't think this is necessary."

**WILFORD**

Noted for its cherries.

**WOLLATON HALL**

of plants.

Here a glass house was first used in 1695 for the protection

**General**

cake is a favourite delicacy.

Medlars grow in this county and medlar jelly is made. Seed

## Leicestershire

**BOTTESFORD**

Frontigniac.

Famous for its Home-made Elder flower wine, or English

**CHARNWOOD FOREST**

seasons.

Wild strawberries and whortleberries are plentiful in their

**HARBY (The Vale of Belvoir)**

years running, 1925, 1926, 1927, thus becoming the owner of the Cup.

Mrs. Herbert Watson won the Cup offered for the best made stilton cheese at Leicester three

**LEICESTER**

At the beginning of the twentieth century frumenty was still carried round the streets by a man with a wooden yoke on his shoulders from which two buckets were suspended. His cry was "hot wheat, hot wheat." In Leicester, Bill's bath buns are still sold. Very good home-made horseradish sauce can be bought here at a shop near the station. Leicester "red" or "yellow" cheese is excellent. Try it. Some prefer it to stilton. A writer in *Good Things in England* gives an interesting account of slipcoat cheese, which the farmers round about would give as a generous gift to some friend.

Moreton's Restaurant, Bill's bath buns, diamond buns, cream ices, lobster patties, and many other good things are specialities. Moreton succeeded Bill.

**LITTLE DALBY**

Famous for hawthorn jelly and elderberry sauce. Be sure you taste some.

**MARKET BOSWORTH**

Jumbles: a particular kind of thin little cakes in the form of an S, hard and crisp, with carraways in them, about 3 inches long and  $\frac{1}{8}$  inch thick are the local cake delicacy here.

**MARKET HARBOROUGH**

An amusing *Listener* friend recommends the Three Swans, which "belongs to John Fothergill (whom God preserve!). Excellent meals, every day, at any time. Specialises in Old English dishes. Bordeaux and Greek honey. Rose petal jam."

**MELTON MOWBRAY**

Also the George at Melton, which F. W. also knows to be good.

Famous for its pork pies, a genuine farmhouse recipe is given in *Good Things in England*. Curd cheesecakes. This is

the special delicacy at the Whitsuntide Feast. It is said sufficient to pave the whole town are eaten at this time. Red herring and baked potatoes are the special delicacy for Curfew Night, October 18th, and in the town and neighbouring farmhouses a round of spiced beef is prepared for Plough Monday, which is kept according to the old calendar on the first Monday after January 17th, old Twelfth Day.

### **NORTH-EAST OF THE COUNTY**

This is a great Stilton cheese-making district. This cheese, which was originally called Lady Beaumont's cheese, came from Quenby Hall near Leicester, a lovely Tudor mansion still in good condition and occupied as a residence. The first stilton cheese was made at Little Dalby, where it was called Quenby cheese. It afterwards received the name of stilton because the Bell Inn, Stilton, became the centre for its sale. It was never made there.

### **QUENBY HALL**

Seven miles from Leicester.

### **QUORNDON**

The home of Harvey's sauce. It was the recipe of a Mrs. Combers, the mother of Captain Combers (the "Flying Cucumber" of the Quorn Hunt), who gave it to Harvey.

### **SAXELBY**

The owners of the Stilton Cheese Dairy here won the cup in 1930.

### **VALE OF BELVOIR**

Dewberries are plentiful here. Wild raspberries, wild strawberries, small red currants are also found. Cowslips are plentiful and comfrey grows here, a little of the latter is a great improvement to cowslip wine.

**WARTNABY**

This was the Stilton Cheese  
Champion Dairy in 1901, re-  
corded by Rider-Haggard.

## Rutland

**MARKET OVERTON**

"Plum shuttles." The name  
given to buns of an oval shape  
like a weaver's shuttle, carried round on Valentine's Day.

**OAKHAM**

The local delicacies here are  
statute cakes and gingerbread.

The Crown Hotel is highly recommended.

Three old fairs are still held on March 15th, May 6th, and  
September 9th. The Pleasure Fair is in May. The specialities  
are Statute Cakes and gingerbread. Go to Arthur B. Wood-  
cock, Pastrycook, 15 High Street, Oakham, or his successor.

**UPPINGHAM**

"Shuttles" (pronounced as  
"shittles") are lozenge-shaped  
buns with currants and carraways given to children and old  
people on Valentine's Day. The bakers' name for them is  
Valentine Buns. For these go to R. W. Dyer & Sons, Bakers,  
School Lane, Uppingham; and Miss Lily Weed, Confectioner,  
High Street, Uppingham, or their successors.

## Northamptonshire

**BADSEY WOODS**

Wild raspberries plentiful.

**BRACKLEY**

"Three years ago (in 1932) the  
food at Ye Olde Crowne was  
marvellous for a village inn. I lunched and breakfasted there

on my way to and from Uppingham. I wonder if you have had any report of it this year! "

### CASTLE ASHBY

A charming letter comes from Amsterdam from Mr. Van Binsbergen, who says: " In my opinion the Falcon, Castle Ashby (proprietors, Mr. and Mrs. Smith), deserves to be mentioned in the booklet you are preparing. I stayed there with my family in 1922, 1934, and 1935. Mrs. Smith is an excellent cook and the place is spotlessly clean."

### FOTHERINGHAY

The man who recommends the Manor House here for good food and cookery is most amusing. He is a reader of *The Listener* and gives a list of five hotels and then adds: " But how do you know I'm any judge? " (I don't, my dear man, but as I happen to know a good many hotels in England, I conclude you are, because you mention a couple of hotels that I know from experience to be first class, and if you are not, when this book is published I shall soon get crowds of letters telling me your recommendation is " no good."—Florence White.)

### IRCHESTER (near Northampton)

Messrs. Edward Parsons & Son Ltd. Melton Mowbray Pork Pies, Farmhouse Brand. The E.F.C.A. report is: " Tempting appearance justified in the eating; colour, a very nice brown; flavour, very well balanced, would satisfy the most exacting palate; it is very good; full of the best meat; crust crisp, but not hard, just the happy medium; not too fatty. Highly recommended. Can be bought in London Stores." (Signed Florence White.)

### NORTHAMPTON

Dried figs sold in quantities for fig pudding for Fig Sunday. (Palm Sunday.)

**PETERBOROUGH**

the best food and cookery.

Go to the Haycock at Wansford near Peterborough if you want

**SHERWOOD FOREST**

sauce.

The home of venison. Ask for venison pasty with red currant

**WANSFORD**

ford, and so do others. (Room, 6s. Lunch, 3s. 6d. Dinner, 5s. 6d.).

The nice *Listener* man recommends the Haycock at Wans-

A *Countryman* reader writes: "We stayed two years ago (in 1933) at the Haycock Hotel here, and we cannot recommend it too highly. It is a charming old inn, with a welcoming host, and excellent English food with even the menu entirely in English. This summer we went out of our way to spend two days at Armathwaite Hall, after reading what you said about it in the GOOD FOOD REGISTER and were not disappointed. The cooking alone was quite perfect, and the menu most interestingly varied."

**Generally Speaking**

Northamptonshire is one of the best grazing districts in England, the fattening of cattle and sheep is the outstanding feature of this county. Sugar beet is now an important crop. Very little fruit and vegetable growing. Truffles of an excellent variety exist in Northamptonshire and though not vying with the French black truffle are of a most excellent flavour.

In the River Nene: bream, carp occasionally, but no trout.

In other streams brown trout are fairly plentiful.

A favourite meat dish is "Hough and Dough," a recipe for this appeared several years ago in the *News Chronicle*.

**Food Connected with  
Special Seasons**

*At Sheep-Shearing.* Seed cake, formerly frumenty and cheese-cake.

*At the Harvest Supper.* Roast beef and plum pudding.

*In the South on the birth of the first lamb.* Shepherds are regaled with pancakes.

*On the Feast of St. Andrew.* ("Tander"). Hot "eldern" wine or elderberry wine is served.

*On Christmas Eve and St. Mark's Eve.* The Dumb Cake is made and eaten.

*At the end of Seed Sowing* large seed cakes are made and given away. They are called seblet cakes, a seblet being the name of the basket that held the seed when the sower sowed it by hand.

*In the old lace-making districts.* Catherine cakes were made and sold, particularly on the Feast of St. Catherine, November 25th. Catherine of Aragon lived at Ampthill Castle for some time and took a great interest in the lace makers.

## Buckinghamshire

### ASTON CLINTON

F. J. recommends the Bell.

### AYLESBURY

Ducklings; cherry turnovers;  
"cherry bumpers."

The King's Head, P.R.H.A., a fifteenth-century inn, very, very good.

### BOURNE END ON THAMES

Moyleen Ltd., Confectioners.  
Recommended by the Lady  
Margaret Campbell.

### BUCKINGHAM

The White Hart (Trust House).  
Room, 5s. Lunch, 3s. Dinner,  
4s. Recommended by Mr. E. G. Rowland. Special dish:  
roast pheasant.

**HADDENHAM**

Crayfish are found in the Thames near this village. Elder flower wine made locally is particularly good. Don't refuse it if it is offered you with home-made cake.

**LITTLE MARLOW**

After the war (1914-18) a fine early eighteenth-century mansion, Westhorpe, was bought by Mr. Henry Mash of Covent Garden fame and Glasshouse Street, London, W.1, and its fine brewery, bakery, etc. converted into a fruit preservery. The park was planted as an orchard.

**SPEEN**

The Old Plow Inn here belongs to Miss Ishbel MacDonald.

**WADDESDON**

The Five Arrows. A smaller Trust House is recommended by F. J., who says Mrs. Wilcocks is a good cook.

## Hertfordshire

**BATCHWOOD (St. Albans)**

**BRICKET WOOD (near Watford)** Hazel nuts.

**BERKHAMSTED**

The first swede turnips ever produced in England were grown here.

**BISHOP'S STORTFORD**

A reader of Florence White's letter to *The Times* (September 1935) writes: "If you have not for your REGISTER anything relating to Bishop's Stortford (which is a nice town on the

borders of Herts and Essex, on the main road from London to Cambridge and Newmarket, about 30 miles out) would you insert the George and the Chequers? Both are A.A. hotels and are conducted by the same people.

"Apart from the ordinary interpolation of 'Hotel' these have also, to meet the changing conditions of travellers by car, a restaurant and cold buffet side. Added to a good will to please, at quite moderate charges, there is the fact, seldom met with, of these places having their own farms of several hundred acres, and game shoots; thus the excellence of the food, pork, hams, poultry, eggs and the like is assured.

"A point you may like to note in your REGISTER is that the Chequers has a Royal Academy painting of the landlord, rather a unique distinction. Visitors viewing it have the satisfaction of knowing they are helping the local Hospital per medium of the nominal fee expected from. I may add I have stayed frequently at the George and Chequers for many years."

Both also recommended by F. J.

### **BROADWATER**

The Roebuck is at least 500 years old, a most romantic old coaching inn (a Trust House).

### **HITCHIN**

The Sun at Hitchin is an interesting inn in an interesting town.

### **LEA VALLEY**

Glasshouse tomatoes, etc.

### **LITTLE GADDESSEN**

A reader of the *Radio Times* writes: "The best English cookery I have come across this year was at the Bridgewater Arms Hotel, Little Gaddesden."

**RADWELL**

There is an old inn here called the Compasses, connected with which is the story of the maid of the mill. Moorhens, coots, and dabchicks frequent the Ivel near the Mill.

**ST. ALBANS**

Pope Lady Cakes (Bucklers or Buglers, Confectioners). The story concerning these cakes is to the effect that "a noble lady and her attendants were travelling on the road to St. Albans (the Great North Road passed through this town) when they were benighted and lost their way. Lights in the Clock Tower, at the top of the hill, enabled them at length to reach the monastery in safety and the lady in gratitude gave a sum of money to provide an annual distribution on Lady Day of cakes in the shape of ladies, to the poor of the neighbourhood. As this bounty was distributed at first by the monks, the 'Pope Ladies' probably thus acquired their name. They are still made and sold at the above address on Lady Day.

**ST. ALBANS, HEMEL  
HEMPSTEAD, BERK-  
HAMSTED, WELWYN**

These are the principal districts for growing watercress from which enormous quantities are sent to London.

**ST. ALBANS, WATFORD,  
HERTFORD, HIGH  
BARNET, BALDOCK,  
HATFIELD, TRING,  
BERKHAMSTED**

All noted for their breweries.

**TRING**

The Rose and Crown is highly recommended especially for its roast beef.

**TRING, WATFORD,  
ST. ALBANS**

Much fruit is grown in this district in small orchards and sent to London.

**COLNE VALLEY**

Watercress.

**WALTHAM CROSS**

Lady —, Canada, writing from Theobald's Park Hotel here, says: "I travel a good deal especially by automobile. I have travelled extensively in France, Italy, Germany, Austria, Switzerland, as well as the British Isles, also in the United States, and in Canada, where I live. In Germany, France, Italy and Switzerland, beds without a single exception are good. I like Continental cooking and find it good, but those who do not, say it is bad, but I stayed in several small hotels in England and Scotland this summer where there is excellent food and I should like to give you the names if only as a means of showing my interest and approval of what you are doing. The Theobald's Park Hotel, Waltham Cross, Herts, *under new management*; the food is first class, the service good, rooms charming, more like visiting in a country house, I've stayed here almost three months with my family. It is most beautifully clean.

"If you could get the small hotels and inns to install good mattresses (and the Dunlop pillow is excellent) and light, warm blankets it would I am sure soon repay the expense by increased patronage. Motoring has done much for the improvement of the small inns in Canada. Also in the U.S.A., but there are all too few with any charm, especially in the U.S.A."

**WHEATHAMPSTEAD**

This place received its name owing to the fine wheat grown here.

The Bell and Crown here is recommended for its good

cooking, which is done by Mine Host's wife. It is fully licensed and luncheons, teas, and snacks are provided at all reasonable hours. There are a few bedrooms available for guests.

## Bedfordshire

### **AMPTHILL**

Owing to Catherine of Aragon's interest in lacemaking this was a favourite district for lace makers, and Catherine cakes were made specially for November 25th, St. Catherine's Day.

### **BIGGLESWADE, ARLESEY, POTTON AND SANDY**

A great market gardening district; two-fifths of the total acreage of brussels sprouts grown in England are found in these neighbourhoods, where green peas, beans, cabbages, cauliflowers, carrots and onions are produced. Cucumbers and pickling onions are also grown.

### **BLUNHAM (near Tempsford**

"Seblett" cakes were given at the end of wheat sowing in this district. These were dough cakes with carraways in them. Tusser mentions the seed cake in his verses as the farm labourer's feast at this season, so called because a great dough cake was one of the principal delicacies.

### **CHICKSAND**

The home of Dorothy Osborne. In her letters to William Temple she talks of making quince marmalade and promises to send him some. Quince and apple pie is a favourite old English dish.

**CHILTERN HILLS**

Here large flocks of sheep graze.

**IN THE FENS**

Quantities of potatoes are grown.

**IVINGHOE (Dunstable)**

The King's Head is recommended by a man who knows good cooking when he has it. But he adds, "I hope your book will be revised frequently, as inns have a habit of changing so rapidly." Now inns in this book, see you don't. Also to provide against this contingency we shall be issuing small supplements containing corrections and additions. These will be sent free to guinea members of the E.F.C.A.

**LEIGHTON BUZZARD  
TO WOBURN**

Whortleberries. Ask for whortleberry jam, and pie, with cream.

**LUTON**

Doughnuts are the special Shrove Tuesday delicacy.

**POTTON**

A great apple pie with hot beer put in it after it was baked was a Christmas custom in this district. It was called Apple Florentine. It was made in an immensely large pewter dish piled with good baking apples, sugar and lemon and covered with a roll of rich paste. When served the lid was taken off, cut in triangular pieces and a full quart of hot, spiced ale poured in. It could quite well be made to-day in a Staffordshire brown pottery dish.

**TEMPSFORD**

This is a great fishing place, bream, chub, roach and pike.

**TURVEY**

Pike, bream, tench, perch, roach and a few trout. There is an old inn here called the Three Fishes Inn with the date 1624 on its porch.

**WARDEN**

A great Cistercian Abbey was here from which we have the famous Warden pear mentioned by Shakespeare. Warden pies were made with a raised crust flavoured and coloured with saffron. An Elizabethan recipe may be obtained from the E.F.C.A.

**WOBURN**

The Bedford Arms Hotel recommended by Mrs. Rowland.

**General**

Bedfordshire is the special home of the pheasant, game covers very numerous. Bream and chub are characteristic and pike grow to a very large size. Eels were once important. Wild duck, mallard, shovellers, teal, widgeon and pochards, plentiful. Onions are a special crop ; consequently we have onion pie, onion dumpling, etc. There is also a special gooseberry pudding, a suet pudding in which unripe gooseberries are used as an ingredient instead of currants. It is very good eaten with butter and sugar.

## Huntingdonshire

**BUCKDEN**

The Lion, one of the Trust Houses, is full of interest ; look it up first in *Tales of Old Inns*, and then at Buckden.

**OFFORD CLUNY**

Enormous chub, good roach, perch, bream, carp, tench, pike, dace, rudd, bleak, pope, gudgeon, barbel, and eel, and the rare Pomeranian bream (a hybrid fish said only to be found in three or four rivers in Britain, is rumoured to be found in the mill-pool and weir-pool here.)

**SOMERSHAM**

Here are good salads.

**ST. IVES**

Roast veal and orange, Oliver Cromwell's favourite dish ; his wife got beans when she had no orange to give him with his roast veal.

**ST. NEOTS-ON-THE-OUSE**

Very good fishing here.  
At the Cross Keys, St. Neots, the food is very good. (Room, 4s. Lunch, 3s. Dinner, 3s. 6d.)

**STILTON**

It was at the Bell Inn here in the eighteenth century when the famous Cooper Thornhill was landlord that the cheese we know as Stilton was first sold here, and took its name from the place ; it was never made at Stilton. In *Radio Times*, June 7th, 1935, under the general title, Traditional English Dishes, an account was published of its romantic history, and in the same paper a recipe is given every week of other English foods and cookery.

## Cambridgeshire

**CAMBRIDGE**

Sausages and a soft cheese sometimes known as York cheese are specialities. Creme Brûlée is a famous Trinity College sweet which originally came from Aberdeen. (The original recipe is in *Good Things in England*.) Another favourite sweet is Grassy Corner pudding. Salmon mayonnaise and lobster salad are other favourite University delicacies. Caius "audit ale," a fine strong beer, used to be brewed for itself by the College.

The Bull, recommended by Mr. E. G. Rowland. (Special dish, roast beef and all good things.)

" The Old Castle Hotel here seems to me," writes a man who is fastidious in the highest degree, " commendable in all matters appertaining to food. A very high standard of conscientious cookery prevails despite very moderate terms charged."

" We found the University Arms very much improved and had an excellent dinner."

**CHATTERIS**

Noted for carrots grown locally.

**CHERRY HINTON**

Here saffron, used to colour and flavour the crust of raised Warden pear pies of Bedfordshire and the raised crusts of Shrewsbury simnels, was formerly grown plentifully. Now none is to be found. Formerly also famous for its cherries.

**COTTENHAM AND  
WILLINGHAM**

Important fruit district, especially for strawberries.

**ELY**

Delicious milk cheeses are made at the village of Sutton near Ely, they are placed and sold on a straw matting and keep good for several days.

**HISTON**

Messrs. Chivers' orchard factory. In operation since 1873. In this factory fruits were canned for the first time in England in 1894.

**NEWMARKET**

Mr. Andrews of the Bull Hotel, Newmarket, will supply a really well-cooked three-course meal (with the joint on the table and help yourself) for 2s. 6d. Mr. F. Thos. Cullen, Dental Surgeon, Fakenham, Norfolk, who recommends this hotel, says: " It is helpful to Mr. Andrews if motorists will drop a post card and state numbers of party, *or phone.*"

A reader recommends the Cambridge sausages made by J. Moore, Wellington Street. So does Florence White.

Newmarket is another place that has given its name to a pudding.

### **SHELFORD**

This place has also a "sweet" of its own to which it has given its name, Shelford pudding.

### **STOURBRIDGE**

Here was held one of the most important fairs in Europe in the eighteenth century.

### **WISBECH**

A noted district for tree and bush fruits, also strawberries. Root vegetables are extensively grown and some asparagus. This is a famous fruit canning centre belonging, I believe, to Smedley.

## **Western Counties**

THE west gives us among other good things the great cream lands of Devon, Cornwall, Somerset and Dorset. Fine cider, too, is a native product from the many apple orchards of these counties, and ales too, not so famous as those of Kent or Derbyshire, are brewed which are by no means to be despised.

For anyone who wants plenty of good food and drink, fresh from the field and the animal, to stay in a Devonshire hotel or farm is as good a method of reaping his desire as he will find the world round. And if he wants to add to his dietary fresh fish from the sea he need only choose a resting place, of which there are many, which sits just above the coast line with all the glories of West County scenery behind it.

A simple hotel with all these advantages is to be found at Hartland Quay. For the fisherman the West Country offers the attraction of a number of good small trout streams and for the horseman the miles of galloping country over Exmoor and Dartmoor in chase of the wild stag.

J. B.

## Somersetshire

### AXBRIDGE

The Lamb Hotel is recommended by F. J.

### BATH

"Broken End Hotel, near Bath, must certainly be included," writes Miss T. Scott Fox.

The Empire Hotel is recommended for good food and cooking by visitors who stayed there recently, "though not typically English everything was delicious, daintily served and nicely varied, without being exotic."

Someone who has travelled all over the United Kingdom for nearly forty years writes: "The Grand Pump Room Hotel at Bath stands out above all provincial hotels in my mind for really excellent food. I have never found its equal outside London. And its comforts are on a par with its cooking."

St. James Hotel, Henry Street, Bath (Mrs. Tanser). Small comfortable private hotel, spotlessly clean, with excellent cooking.

### BATH AND DISTRICT

Famous for Bath buns, Bath chaps, polonies, cream cheese, brawn, walnuts, Sally Lunn's, formerly called Spring Gardens cakes, Bath Olivers, frumenty (at mid-Lent), gingerbread valentines. The wooden moulds in which these last were made are now in the Pump Room Museum. Wigs. Hot mutton pies.

It was Mr. John Hatton, Spa Director, who rescued the wooden moulds formerly used for making "Gingerbread Valentines" and housed them safely in the Pump Room Museum. These Gingerbread Valentines were little gingerbread figures decorated with gold; they were originally made for the great Lansdowne Fair which was held at Candlemas; when the Calendar was altered in 1751-2 we lost eleven days and the Candlemas Fair (old date) became St. Valentine's Day (new date).

At the right time of year (May) you can buy shad from the Severn from Mr. Peacocke's wonderful shop in Union Street; also lampreys, lamperns from the same river and potted laver from the coast to eat with roast pork or mutton. Defoe notes this potted laver as a N. Devon and Somersetshire coast product early in the eighteenth century. Mr. Peacocke also told me that crayfish can be caught in numbers in the stream at Milford that flows into the River Frome. Of course he sells Severn Salmon, and trout as well as every other local fish and bird delicacy.

At one time Bath was famous for its grape vinegar. Mushroom rooms are plentiful in the neighbourhood and lovely outdoor ones are sold in the Bath shops for 1s. per lb.

The neighbourhood of Bath and the Vale of Pewsey are famous for their walnut trees.

Bath even possesses its own cookery authority. This is Mrs. Martha Bradley, who lived here in the second quarter of the eighteenth century and wrote one of the best cookery books ever published. A copy is in the Reference Room of the Bath Public Library.

Solid or everlasting Syllabubs were another Bath delicacy for which Mrs. Bradley gives us a recipe. Mr. Reginald Wright, Bath's Librarian, told me a higher price was charged for Syllabubs served out of doors because so many glasses were broken.

"The Bath Oliver biscuit is in a class apart," writes a correspondent, "a super biscuit."

**BATHEASTON**

The edible morel and numerous species of truffle found here.

**BRISTOL CHANNEL AND RIVER PARRETT**

Sea bass, perch, grey mullet, elvers, conger, and sea lamprey. Anchovy said to be found at the

mouth of the Parrett.

**BRUTON**

The Tower Tea Rooms, 2 Quaperlake Street, Bruton.

Very good home-made cakes and scones. Approved by Miss M. M. Mallock, author of *A Younger Son's Cookery Book*, *Economics of Modern Cookery* (Macmillan).

F. J. recommends the Blue Ball.

**CHARNBOROUGH HILL**

Snails were evidently cultivated here in days gone by. Snails

are still eaten in Somersetshire, Wiltshire and Gloucestershire.

**CHEDDAR**

Strawberries are grown plentifully in the district.

The cheese which takes its name from this place is famous. A correspondent writes: "If you go casually into any farms near Cheddar you may find a number of these cheeses on shelves—very nice too."

**CROWCOMBE**

Carew Arms. Small village inn.

Mrs. Lock is a good cook; everything home-grown and cured; good cider, and Somerset beer in condition. Rooms available. Recommended by F. J.

**DULVERTON**

The Carnarvon Arms Hotel.

Good English cooking. A favourite hotel of sportsmen. Perfect Devonshire cream

prepared in the correct manner and whortleberry jam for tea here after a walk or ride is a sportsman's idea of bliss. The hostess remembers the tastes of various guests who return time after time. "Cook, Mr. So-and-so is coming. We must make some of his favourite sponge cake."

F. J. recommends the Lion.

### **DUNKERY BEACON**

Whortleberries.

### **DUNSTER**

"In response to your request in yesterday's *Times*, the Foresters, Dunster, can be heartily recommended for the best cooking," two men friends discovered during many thousand miles of touring. They pronounced it really excellent, tastefully and well served. There is evidently, they say, someone at this inn, who knows just what is right in cookery.

The cooking at the Old Manor, Dunster, is typically English and very good.

F. J. recommends the Luttrell Arms (Trust House). Good and a remarkably interesting building.

### **FROME**

Special delicacies are St. Catherine's cakes for St. Catherine's Fair, November 25th. Pork, cheese, beer and ale, cheese pudding, bacon, pound cake, are other local products.

When trekking through England I was stranded one afternoon near the railway station for want of a cup of tea; there seemed no hope so I knocked at the closed door of a wayside inn and discovered a treasure: a landlady who was a top-hole cook and served a most delicious tea consisting of a wonderful seed cake, jam, bread and butter, all home-made, and most delicious tea. I thought her husband a lucky man, and she was such a nice woman. I think the name of the inn was the Great Western Railway Inn, but am not sure.

F. W.

**GLASTONBURY**

The Copper Beeches Hotel (unlicensed), Glastonbury, is recommended by a lady and her husband who spend all their holidays motoring. She writes: "A good inn or hotel is a treasure, we had an excellent, well served, and reasonable lunch at the Copper Beeches in August this year; out of the very many visited this year it is the only one I can recommend on all points. Some had good food, but the tables and rooms were not clean. Thank you for your good work."

The George Hotel (the Pilgrim's Inn).

Moorview, Glastonbury (Mrs. L. Drew).

The Sign of the Golden Wheel, Glastonbury. Tea rooms.

**HIGHBRIDGE**

Cheddar and Caerphilly cheese.  
Bacon.

**HOLFORD**

At the Alfoxton Park Hotel here, really good enjoyable

English cookery is served.

**ILMINSTER**

A Sussex clergyman and his wife found excellent national cookery during their three days' stay at the George Hotel, Ilminster.

**KEYNSHAM**

Elvers cakes, famous here since the time of Defoe.

**KILNE AND KILTON**

Conger eels caught off the coast from time immemorial. If you have never eaten conger eel soup try it. It's jolly good.

**LEIGH WOODS (in the Bristol District)**

Classic hunting ground for truffles.

At Batheaston numerous species of truffle and other subterranean fungi have been found, one of which has been sold in the Bath market under the name of "the red truffle."

**LONG ASHTON**

Noted for its cider.

**MENDIP HILLS**

Excellent mutton.

**MINEHEAD**

The food is excellent in quality, cooking and manner of serving at the Beechwood Private Hotel, Minehead. Charges are most reasonable.

A lady writes : " Having let my house for August I went away and visited different places. I should like to mention Boddy's Restaurant at Minehead, where the cooking and service was far above the average. Thank goodness the coach pulled up there."

F. J. recommends the Plume of Feathers as being exceptional from the food point of view and not merely good.

**NETHER STOWEY**

The Quantocks' district provides wild red deer, heather and bilberries. In the fens or low-lying districts wild fowl, especially knots (King Canute's favourite delicacy).

**NORTON ST. PHILIP**

The George Hotel (built in 1223) is in a marvellous state of preservation. Serves teas but not luncheons.

**OXBRIDGE**

Centre of strawberry growing district.

**PORLOCK WEIR**

The Anchor is exceptionally good.

F. J.

**PRIDDY**

The highest and most lonesome spot on the Mendips. At the Church Farm here it was the custom to make carraway bread on Good Friday. It was supposed to last a year, but the children never gave it a chance to do this. It was so good it was eaten up very quickly.

**SHEPTON MALLET**

Cheese and butter cakes.  
Messrs. C. G. Moon & Sons, 9  
Tower Street, Shepton Mallet. Butter cakes.

**STRATTON-ON-FOSSE**

Plenty of fruit grown, and cheddar cheese made here.

**TAUNTON**

Extensive orchards, delicious farmhouse bread and bacon.

Miss Forden, Bridgwater, writes a most interesting letter in response to mine in *The Radio Times*. "About good cooking. I have *great* pleasure in recommending Mr. Yeo, Hatch Beauchamp Hotel, near Taunton. Mr. and Mrs. Yeo lived opposite to us here at the Albion Hotel for about fifteen years and I know how excellent their cooking is. Everything home-made or home-grown. A few years ago I recommended them to Mr. Thomas Burke, the novelist, who wrote a letter in the *Mail*, complaining about cooking in hotels. He came down and was so delighted with them that when he went back to town he wrote half a page in the *News Chronicle* about them and has given them a page in his latest book on England, *The Beauty of England*."

"Go to the Castle Hotel. It is," says F. J., "exceptionally good. All the hotels I recommend," he adds, "are exceptional, not merely good."

**WASHFORD**

Lady — recommends the Dragon House, a small, newly opened, very charming country house hotel. Everything is extremely well done and the food of quite exceptional quality, simple, well cooked and served. Inclusive prices 4 guineas a week. Minehead, "the Gateway to Exmoor," is five miles away. Hunting, riding, polo, fishing or golf are all easily obtainable. There are several safe bathing beaches.

**WATCHET**

A charming woman writes: "I had hake freshly caught and beautifully cooked at the London Hotel, Watchet, and real Wiltshire bacon at the Tudor Café, Newbury."

"Mrs. Robottom, Môr Arvelon, Doniford Road, deserves high praise as a cook," writes a visitor who stayed at her house in 1935. "She added considerably to the enjoyment of my holiday at Watchet this year. She cooks by electricity and turned out whatever was asked for so well that it was quite a pleasure to sit down to meals."

Laver was exported from here in 1797.

**WELLS**

The Central Hotel, Wells, Somersetshire, is strongly recommended. Most reasonable in price.

**WEST HARPTREE**

The Crown Inn (kept by Mary Speed). Best fried eggs and home-cured bacon anywhere are served here.

**WESTON-SUPER-MARE**

Mrs. Bush recommends the Cove Hotel at Weston-super-Mare.

The Royal Pier Hotel is well recommended. Why not try it? This hotel is also recommended by Mrs. Cadbury.

**WILLITON**

The Egremont Hotel is highly recommended. Food altogether remarkable. It is owned by Mr. and Mrs. Preece.

**General**

Special regional delicacies are Venison, when in season, Cream, Cheese, Cider, rough from the barrel. Fine turkeys.

## Devonshire

### **BABBACOMBE AND COCKINGTON**

Has a charming beach and there is no view that can be beaten by that which can be obtained from the top of Babbacombe Down, on the Shaldon to Torquay Road. Cockington is so near to Babbacombe that it must come next.

### **COCKINGTON**

Cockington Court was sold by Sir Henry Cary in 1654 to Roger Mallock by whose descendants it is still possessed. The house is Elizabethan. The village is so lovely that it vies with Clovelly in being the most photographed of any Devonshire—perhaps of any English?—village. The Mallocks and the Froudes are closely connected; the mother of Miss M. M. Mallock, and her brother, W. H. Mallock, author of *The New Republic*, was a sister of Anthony Froude, the historian, and Miss Mallock herself was a contributor to the *Quarterly Review*. But her chief claim to remembrance in this book is that she was the first member of a county family to train in domestic science for the purpose of using the knowledge thus gained in social work. Years after Miss Whitaker, another "county" girl, trained at Gloucester for the same reason. She is now Principal of the Gloucester Training College for Teachers in Domestic Science. Miss M. M. Mallock trained at the Birmingham Training College (now closed) and wrote a book called *The Younger Son's Cookery Book*, the title of which, after the first edition was exhausted, was changed to *Economics of Modern Cookery*. For thirty-six years it has been a cookery classic; published first in 1898 it is still and always will be up-to-date because it deals with fundamentals and is not a mere book of recipes. Miss Mallock describes processes and applies fundamental principles by working out in detail

a recipe that deals with each ; I am proud to remember I am one of Miss Mallock's pupils, and owe her more than I can say. Another pupil wrote to me some years ago : " I learnt to cook with Miss Mallock in one hand and a spoon in the other ! " Miss Mallock told me that small raised apple pies used to be made in Devonshire, mutton suet being used instead of lard for the crust.

### **BARNSTAPLE**

Noted for its pannier market, the largest of its kind in the county. In the middle of September the Annual Fair is held and the Corporation serves spiced ale made from a secret recipe, with toast soaked in it and cheese. This is quite a distinctive occasion and everybody is admitted, it is well worth a visit. Other distinctive features of the Fair are gingerbread and stewed pears. In every house, as well as restaurant, you visit during Barnstaple Fair you will find both these delicacies. Other dainties are revel buns baked on sycamore leaves, gammon pie, Devonshire potato cakes, hot, for tea, mead or honey wine. Can anyone tell me why revel buns should be baked on sycamore leaves ? Is there any folk lore connected with this ?

### **BEER**

Lobsters and other fish.

### **BEER FERRIS**

walnuts, etc.

On the Tavy. Noted for its fruit produce, cherries, pears,

### **BIDEFORD**

Apple In and Out, Devon pasty, a " bubble " for breakfast.

### **BIDEFORD (near)**

Hoops Inn. Highly recommended by Mr. Philip Pare.

**BOCOMBE** (near Kings-  
bridge, S. Devon)

This is not a place where one can lunch, tea or stay. Bocombe Poultry Farm is a poultry farm owned by Mr. Godfrey Edmonds, son of the late Chancellor Edmonds of Exeter Cathedral. The address is given because he specialises in churkeys and sends off one-day-old chicks (with or without their mother) to those who want to go in for rearing these birds. They are extremely good table birds. They are not to be confused with turkeys.

**BRADFORD** (Devon)

"I should very much like," writes Mrs. Clara Chalmers, "to recommend Mrs. Galliford, Stadson, Brandes Corner; my party stayed at this farm for a fortnight this summer, 1935, and thoroughly enjoyed, not only the general pleasantness of the place and the people but also the excellent food. It was largely farm produce: poultry, bacon, new laid eggs, abundance of first-rate cream and butter, home-baked cakes and scones, garden grown vegetables, potatoes and apples, with of course, butcher's meat, etc. Everything was of first-rate quality, well cooked, and nicely served."

**BRANSCOMBE** (between  
Sidmouth and Lyme  
Regis, Dorset)

In the summer of 1935, a visitor at the Three Horseshoes, Branscombe, found the food, etc. very good.

**BRAUNTON**

Baked dried apples. Laver is gathered here, prepared and packed to send away for sale. Also at Croyde.

**BRIXHAM**

Noted for turbot, soles, whiting and mackerel.

**CHUDLEIGH**

With a station on the Teign Valley branch of the G.W.R. Here is Ugbrooke Castle, which belongs to Lord Clifford and

it is interesting to remember "Fair Rosamond" was a Clifford.

The cakes called "splits" in Cornwall and in some parts of Devonshire are here made smaller in size and are sold in Tiverton as "Chudleighs" which are especially enjoyed split in two and piled up with scalded (or clotted) cream and jam by Blundell schoolboys.

### **CLIFFS BETWEEN TEIGNMOUTH AND SIDMOUTH**

Seakale, known to botanists as *Crambe maritima*, grows wild on the cliffs at Teignmouth and Sidmouth. It was introduced to

the notice of market gardeners near London by a Mr. Curtis, about 1795, but it had been known some time before in the Western markets. Mushrooms are particularly good in this neighbourhood, also blackberries, and whortleberries on the moors.

Crabs as well as lobsters, bass, pollack, mackerel, brill, turbot, whiting, gurnard, codling, conger eel, John Dory, red mullet, may all be caught on this coast, and all the S. coast of Devon, either in pots, by deep-sea fishing, surface fishing, or fishing from rocks or piers, and rod-fishing. It is pretty generally agreed that no county offers better facilities for sea fishing than Devon, whether it be from yacht, or boat, or from the shore. It is great fun going out in a small boat with a fisherman when he is visiting his lobster pots to see what luck he has had. As a girl I have often done this from Beer, near Seaton. The Shaldon fishing boats used to come up the Estuary, the fish was landed on the beach, and piled in heaps when it was sold by auction, the buyers being compelled to stand with their backs to the fish!

### **CLOVELLY**

Pilchard and leek pie. Devonshire soup.

**COOMBE SELLERS**

On the Teign just above Shaldon is a tea house famous for cockle and shrimp teas, which has been immortalised by Baring-Gould, whose novel *Kitty Alone* is staged here.

**CULLOMPTON**

"The Bell Inn here, kept by E. J. Nex, is," writes a *Radio Times* reader, "well worth the space it will occupy in your new book."

**DARTMOOR**

Mutton. Mr. E. F. Cox, Badgers Halt, Dartmeet, Princetown, Devon. Comfortable accommodation. Devonshire fare. Home-made cakes, junket and cream. Mentioned in *Glorious Devon*.

**DARTMOUTH**

Miss Baker, The Devon Cookery, 27 Victoria Road, Dartmouth. All home-made cakes and pastries made by a very nice woman. The Royal Castle here is strongly recommended.

**DAWLISH**

Between Teignmouth and Exeter is famous for its violets and violet farm. Have you ever tried a lettuce and celery salad garnished with violet petals?

**DUNSFORD**

A pretty village on the Teign. Here in the spring the country is a sea of blue green daffodil spears with the pale gold flowers showing between.

**EXETER**

Devonshire dumpling, Exeter stew, Devonshire apple pie, Devonshire chicken and parsley pie, Devonshire beef and egg pie, West Country pudding.

A member of the English Folk Cookery Association writes : " I found your little booklet on Good Inns and Specialities most useful and interesting while on tour in England. Especially we liked the Royal Clarence at Exeter. It really is ideal and we got several good ideas in cookery."

(This hotel is also personally recommended by Florence White. Mr. Mitchell, the cook, told her in 1933 that one of the most popular items they serve is their dripping cake. It does not matter how luxurious the car and elegant its occupants they all go for dripping cake).

Mrs. Wheaton, 19 Southernhay East. Comfortable rooms.

### **EXMOUTH**

" The Beacon Hotel is particularly good," says F. J.

### **FERNY BRIDGES**

(near Honiton)

" I stopped the night at Bloomfield Guest House, had an excellent cold supper and break-

fast which included a perfect omelet and fresh rolls, and very good coffee." Recommended by Mrs. D. I. Farrant.

### **HARTLAND**

(North Devon)

The Quay Hotel is most strongly recommended. Room, 7s. 6d.

Lunch, 3s. Dinner, 4s. Recommended by Agnes L. Carter.

First-rate English food, very plentiful, especially the sumptuous teas with vast amounts of Devonshire cream.

A reader of *The Times* writes : " I should like to say one of the best hotels I have ever stayed in is the Quay Hotel, Hartland Point. For excellence of food, cooking and general comfort it is quite unequalled, and I should like to feel that it had found a place in your book."

### **HATHERLEIGH**

A doctor can thoroughly recommend the Royal Oak Inn for

good cooking, good attendance, unlimited hot water,

comfortable beds and willing service. Mrs. West is the proprietress and, says this nice doctor, she serves the best junkets in Devon.

**HEXWORTHY (Dartmoor)** Two ladies who go somewhere trout fishing every year found the Forest Inn here most comfortable, and very good sport. This is a small but comfortable Trust House.

**HOLNE** The Church House Inn here serves *excellent* food, simply but well cooked.

**KINGSTEIGNTON** Was at one time noted for its "Revel," the name given to village Feasts in Devonshire and Somersetshire as "wakes" is the name given to those in the North and Midlands. The story goes that the stream which runs through the churchyard failed in very early times. A ram was sacrificed in the dry bed of the stream and the water once more flowed. Because of this it was the custom to roast a ram whole on Whit Tuesday.

Now Kingsteignton is noted for extensive cultivation of tomatoes, and it may be noted here that Fresh Tomato Juice Cocktail is one of the specialities of the Round House, Shaldon.

**LIFTON** Mrs. Samuelson can *very highly* recommend the Arundell Arms, Lifton. Good food, good beds, fishing, riding and otter hunting.

"I have just returned from a week's holiday in Devon," writes a reader of *The Radio Times*, "I went to the Arundell Arms, Lifton, quite by chance for fishing and I was so pleased with the hotel that I feel I must write and recommend it to you. It is perfectly managed and every comfort offered you,

but the chief thing is the food. I have travelled and stayed at a good many hotels but I can truthfully say I have never had such good food, so well cooked, anywhere. The vegetables all fresh from their own garden and fruit and meat of the very best."

**LYMPSTONE**

Pleasantly situated on the estuary of the Exe. Celebrated for its oysters and whitebait.

**LYNMOUTH (N. Devon)**

The people here make Figgy Chutney, at the end of the season with any figs that may not have ripened.

**LYNTON (N. Devon)**

A Lt.-Colonel writes: "With reference to your letter in *The Times* yesterday (September 7th, 1935), I recommend the Lee Abbey Hotel, Lynton, N. Devon, as one in which I found the cooking excellent. I stayed there for three weeks with two of my relatives and we all agreed that we had never experienced better cooking in any other hotel in the United Kingdom or Ireland."

The Hoe Guest House, North Walk, Lynton. Mrs. F. M. S. Newton says this is a very beautiful place. Good food and very comfortable.

"We stayed at the Lee Abbey Hotel," writes a Yorkshire woman, "it is an excellent hotel with very good cooking and the management charming."

**MORTEHOE (N. Devon)**

The Haven is a small place situated here, but you'll hardly get better food anywhere.

**NEWTON ABBOT**

A market town; market day, Wednesday; the market possesses one of the interesting old-fashioned Pannier Markets,

which are one of the features of Devonshire. Here we see country women with their baskets or "panniers" of eggs, clotted cream, fowls, flowers, fruit, vegetables or anything else they have to sell.

**OKEHAMPTON**

The Cherry Trees at Belstone, near Okehampton, has only about seven beds; is recommended for its excellent food, cooking, service and beds.

Is noted for its mutton—Dartmoor sheep.

**PLYMOUTH AND DISTRICT**

Fruit, vegetables, potatoes, poultry, eggs, fish, especially herrings and red mullet, and

John Dories.

Miss Carlyon writes: "At Plymouth I stayed some days at Hackers Hotel, The Crescent. It is not a large place but spotlessly clean and the breakfasts are most appetising, exceptionally nice bread, butter and toast. The bacon, etc. always hot. They prefer bed and breakfast here and teas."

**POSTBRIDGE**

Mrs. Campbell writing from Dartmouth, in reply to Florence White's letter in *The Times* says: "I am staying here (at Mrs. French's farm, near Postbridge, Devon) for the second time, as we were so very comfortable last year (1934). This is not an inn but a simple farmhouse. We have 'enjoyed' here really good English cookery."

"I think," writes a Cambridge man, "you would be doing all tourists a service by including in your list the following hotels:

Lidgate Private Hotel, Postbridge, near Princetown, Dartmoor, and the

Bolt Head Hotel, Salcombe, Devon.

"Just recently (September 1935) my wife and I spent a very happy time in Devonshire and our stay at the place

mentioned was made enjoyable by the kindness and good service that we received. The food also is very good indeed."

### **RIVER TEIGN AND ITS VILLAGES**

This river rises on the borders of Dartmoor, and possesses two branches, the North and South Teign, which meet at Chagford. It is, of course, famous for its salmon, which can sometimes (between Teignmouth and Shaldon) be seen leaping in the river, and here also it is no unusual thing to see fishermen spearing flukes. Teignmouth is the port for the Teign. I have read of oysters at the mouth of the Teign but forgot to ask if they are still obtainable locally. This is something for visitors to find out for themselves. Life is not half long enough, and this matter of English food and cookery and country customs, etc., is so vast that one long life is not long enough to explore even one county, let alone England. All I have left out those who pick up this book can supplement for themselves. It will add to the interest of their tour or holiday. They will find it much more amusing than if I had left them no field to explore. They can also amuse themselves by proving me wrong and showing they know better. All I can do is to act as a signpost.

This question of oysters or none at the mouth of the Teign makes a good beginning.

Shrimps, I am told, are caught in a cove by the Ness Rock, and further on at Labrador, a well-known haunt of smugglers in days gone by.

Yachting, boating, fishing, walking, golf, bowls on the village green, motoring and aviation (at Haldon) are the special amusements offered by Shaldon as well as good music (at the Round House), but far above all is its absence of noise and its general atmosphere of rest and peace. The road to Torquay high up along the coast is one of the loveliest in the world.

**SALCOMBE (S. Devon)**

A visitor writes: "I can confidently recommend the Bolt Head Hotel, Salcombe, S. Devon, where in addition to a hearty Devonshire personal welcome you can on request get that delectable Devonshire dish, Squab Pie. I have no interest whatever in the hotel, financially, but have stayed there several times."

James Anthony Froude, the historian, wrote: "The winter in Salcombe is winter only in name."

The hotel is some 140 feet above sea level, and therefore invigorating during the hottest summer, at the same time being thoroughly sheltered from undue cold and east winds in the winter.

**SHALDON**

This is a lovely unspoilt village on the opposite shore to Teignmouth. It is off the main road and nestles beneath the richly-coloured Ness Rock at the extreme mouth of the River Teign, where sea and river meet. You must go to the Round House Hotel for its famous tomato cocktails, Teign salmon, fish pie, splits and strawberries and cream, cherry and rum jam, and other good things. It is a Mayfair hotel in a Devonshire village and has every luxury. A distinguishing characteristic of the catering is plenty of fruit in season. There are self-contained suites, each with its own bathroom; it is luxuriously comfortable and quiet (no traffic passes the door). An ideal centre for fishing and other expeditions; only six miles from Torquay by one of the loveliest coast roads in England. Jan Smeterlin stayed there recently when he was giving a recital of Chopin at Torquay and played on Mr. St. John Wright's lovely grand piano. Mr. C. B. Cochran and his wife and other famous people have found the Round House an ideal place in which to spend a few weeks.

"We had a delightful fortnight here; what a dear little place it is! I think the Round House is unique, simply

beautiful and, of course, the personal attention of Mr. Wright and his charming personality add to the joy of staying there"—extract from a letter to Florence White from a visitor who stayed there on her recommendation.

Sir Robert and Lady Kindersley have been recent visitors.

Mushrooms are particularly good all round Shaldon, also blackberries and whortleberries on the moors. Shrimps are caught in a cove by the Ness Rock and further on at Labrador, famous as a smugglers' haunt in days gone by. Green figs grow and ripen in the gardens of the Round House.

Mrs. Lamond writes on August 8th, 1935: "We stayed a week at the Round House and enjoyed it greatly. All the rooms most charming and beds most comfortable, better than some in the Savoy Hotel, London, and quite as good as those in Claridge's. The food was delicious."

Mrs. F. M. S. Newton also says she had the pleasure of staying at the Round House.

On September 27th, 1935, Lord Oranmore and Browne writes: "I have stayed at the Round House, Shaldon, which I found most excellent and comfortable in every way."

## SIDMOUTH

A gentleman who does not want his name mentioned writes: "I should like to recommend highly the Belmont Hotel at Sidmouth where the standard of cooking is excellent and where I for that reason (with a delicate interior!) stay regularly. Incidentally, though this is beside the point, I know no hotel where attention to the details (which make all the difference) is more thoroughly given. I refer to flowers in the public and private sitting rooms always being properly looked after, an abundant supply of towels of nice quality, and similar refinements. The hotel is managed by Mr. F. E. Fitzgerald, and his wife plays a conspicuous part."

Torbay View Hotel, Sidmouth, South Devon, is also highly recommended.

**SLAPTON**

"A few years ago," writes a reader of the 1935 Good Food REGISTER, "there was in Slapton a baker who had up a notice, 'All kinds of Cakes,' and on further enquiry we found he only had Tough Cakes (which in Scotland would have passed for Baps) and Dough Cakes (which in many places would have passed for currant bread, or bun-loaf). Devonshire Cream should be mentioned and that there is a difference between Cornish Cream and Devonshire Cream as this is a matter of local patriotism in both counties. 'Thunder and Lightning' is strawberry jam with Devonshire Cream."

"In S. Devon," a correspondent writes, "an old woman showed me how to kill crabs with a hatpin through the eye. This struck me as being a more humane method than boiling them alive."

**STOODLEIGH**

When the Devonshire and Somerset Staghounds in days gone by met in the neighbourhood a huge pot of mutton, potatoes and onions was always placed on the kitchen hob at the Rectory first thing in the morning, so that a delicious Irish stew (a white stew) might be ready to serve to any hungry person who called in to lunch. This was to supplement the well-spread table and sideboard of cold meats, game pies, and delicious Devonshire sweets.

On Sunday a large sirloin of beef was put in the oven, and a big pot containing a plum pudding known as the Sunday Pudding was put on the hob at the Rectory. All the house doors were locked and the whole family including the servants went to church, leaving the dinner to cook itself. In addition to junket and Devonshire cream a favourite sweet was Stone Cream. After church only the vegetables and Yorkshire pudding had to be cooked. After church in the evening there was supper, consisting of cold meat, salad, boiled eggs, potatoes baked in their jackets, and a tray of tea things at one end of the table.

The idea was that the servants should have no cooking to do on Sunday night and no washing up, the cups and saucers and few plates being left till the morning.

For breakfast in the morning the standing dish, whatever else there may be in addition, is bacon and fried potatoes.

**TEIGNMOUTH**

In 1773, Fanny Burney bathed here in the sea for the first time, having been told it was a sure remedy for a cold!

Devonshire apple cake, thunder and lightning (splits spread thickly with Devonshire cream with golden syrup trickled over it), boiled onions and cheese. Teign salmon is very famous. Seakale known to botanists as *Crambe maritima* grows wild on the cliffs of Teignmouth and Sidmouth. It was introduced as a cultivated vegetable to the notice of market gardeners near London by Mr. Curtis, about 1795, but it had been known some time before in the Western markets.

**TIVERTON**

Chudleighs, Devonshire cream, plum cake, junket, luncheon cake. The correct way to serve chudleigh and splits is to split them in halves, spread them with Devonshire cream and a little jam or a trickle of golden syrup or honey and leave them open; they should not be sandwiched.

**TORBAY**

The great fishery of the West of England.

**TORQUAY**

The Roslin Hall Hotel, Torquay is recommended for good cooking of all descriptions.

Holden Court Hotel recommended by Mr. E. G. Rowland.

**TORRINGTON**

The Globe Hotel. Mr. and Mrs. Parnell farm their own land, and the food is excellent, most of it produced on the farm;

but Mr. Parnell is a keen sportsman, and there is good shooting and fishing available as well as hunting. The neighbourhood is very, very lovely. Torrington Fair is held the first Thursday in May, when there is maypole dancing, and also a flower dance.

Mr. Hoad, baker, is the man to go to for mutton pasties and fairings.

**TOTNES**

Is famous for its cider.

The Seymour Hotel is highly recommended.

**YELVERTON (S. Devon)**

The Moor House Hotel is also highly recommended. Much of the food served in this hotel is produced on the proprietors' own land.

## Cornwall

**BOSCASTLE**

Herby pasty, Star-gazy pie, Blackberry drink, elderflower wine, harvest drink, Samson, "Kidley" broth are local delicacies.

Welltown Manor, says Mrs. F. M. S. Newton, is quite a delightful spot and has good food. Home-grown produce.

**BUDE**

Mrs. F. M. S. Newton, M.B.E., E.F.C.A., has just returned from a tour through Cornwall and Devon (April 27th, 1935) and thoroughly recommends Mrs. Yeo, Edgecombe Private

Hotel, Summerleaze, Bude. Very comfortable and excellent cookery.

Major ——— writes: "Having seen your notice in *The Radio Times* and met you at the Red Lion, Fareham, I think I ought to recommend to you Mrs. Burrell, Trelawne, Poughill, Bude. We stayed at Trelawne during the whole of August last (1935) and I can honestly say that at no place where I have lived during the last fifteen years have I been better fed. Mrs. Burrell's catering is most varied, though she specialises in Cornish Dishes. Nor did she spare herself any trouble in pandering to the tastes of our children."

We have had the Grenville Hotel recommended to us. Try it and tell us what it's like.

### **EAST CORNWALL**

Pea soup is eaten in East Cornwall the Monday before Shrove Tuesday, which is called Peason or Paisen Monday.

### **EAST LOOE**

A gentleman writes on September 7th: "My wife and I recently stayed four months at Degany Hotel, near the Railway Station, East Looe. The food was very good, and the coffee excellent; we found both better than at many large and pretentious hotels.

### **FALMOUTH**

"May I tell you," writes one of the original members of the E.F.C.A., "of the firm: Messrs. Kitto Brothers, Oyster Merchants, Falmouth, Cornwall? Their fish is always excellent. For years I've been getting crawfish, lobsters and crabs in the summer from them, and, their oysters are *quite* DELICIOUS. The prices are so low too: carriage paid. Best selected, 11s. for 50; 9s. for 36; 6s. for 25. Second quality, which I buy and feed myself as good are: 9s., 7s. 3d., and 5s. respectively; and third quality: 7s., 5s. 6d., and 4s."

**FOWEY**

At Miss Garrett's, The Café, Fowey, you can get really good pasties. The same nice doctor who recommends the Royal Oak, Hatherleigh, says nice things also about Miss Garrett's café.

**GOLDSITHENEY (near Marazion)**

Lamb and parsley pie, leek and squab pie, are other good Cornish dishes.

**LAMORNA COVE**

Taylor.

F. J. recommends the Lamorna Cove Hotel, owned by Mrs.

**LAUNCESTON**

Chicken pie, Cornish heavy cake, broccoli pasty.

**LOOE**

Looe.

Really good Cornish cookery is served at Nailzer Point Hotel,

**LOSTWITHIEL**

Mrs. Brewer, Tregantha, and Mrs. Santo, both exhibited at the First English Folk Cookery Exhibition. They sent saffron cakes, saffron buns, and Cornish pasties for the making of all of which they are famous.

**MARAZION**

Cornish potato cakes. Cornish yeast cake. Skinless sausages.

**MOUNT'S BAY**

This is a specialising market gardening area, the chief products being broccoli, spring cabbage, and early potatoes.

**NEWQUAY**

A lady writes: "My husband and myself are most unfortunate, as a rule, regarding accommodation on holidays, but there is

one hotel that we can thoroughly recommend, that is the Trenance Hotel, Newquay. Owing to the hospitality of this hotel we visit it very often and always feel very happy there. The cookery and quality of the food are of the finest.

### **PENZANCE**

Squab pie, Cornish squab cake,  
Lobster, Pickled samphire, Pot

Roast are local delicacies.

The Queen's Hotel. "The fire when I came back to it after half an hour's prowling through lamplit, windswept, empty streets, and closed picture and other palaces, roared blazing up the chimney, and there was a reading lamp by my bedside and bath water boiling from the appropriate tap. Dinner was excellent." (From *A Pilgrim from Paddington*, by Naomi Royde-Smith.)

A retired Indian Government official writes: "This is my third visit to the Queen's Hotel here. It is a comfortable hotel, well run, very good food, Cornish cream for lunch and tea every day, and I can cordially recommend it."

"The Union Hotel here is exceptionally good," says F. J.

### **PERRANPORTH**

Fish soup. Figgie Hobbin.  
Mackerel pasty. Rook pie.

Eggy'ot. Pickled butter. These are all local delicacies.

### **RESTRONGUET CREEK** (near Falmouth)

The inn here is owned by Major Dover and his wife, who try to make its charming bar parlour a place where all classes can meet—a sort of village club. The name is the Pandora, and it is a favourite with yachtsmen. There are a few bedrooms (only two or three) available for visitors. Mrs. Dover says the local girls all fry fish beautifully, and there is a good supply, but don't expect to get pilchards in February! The month for them is August and a little later.

**SENNEN COVE**

White Sand Bay Hotel, highly recommended by Mrs. Robert

Dewar.

**ST. FEOCK**

Mrs. Oates, Morningside, St. Feock, highly recommended by

Mrs. Sotheby, who says, "her cooking is very good; real Cornish specialities and very nice rooms."

**ST. IVES**

Cornish pasty. Cornish cream. Leek and pilchard pie. Splits.

Celebrated for macaroons. A great many bought as fairings on the Saturday before Advent Sunday when pig-fair is held: "Fair-mo."

Hamlyn, confectioner of St. Ives, is noted for macaroons and fairings. Recommended by Miss Rogers of Marazion.

**ST. STEPHENS**

Roast mackerel. Gilliflower wine.

**TALLAND COVE**  
(S. Cornwall)

"Having read your letter in last week's *Listener*," Mr. Hugh G. Riviere, writes, "I should

like to give you the name of a small Guest House, beautifully placed above Talland Cove, S. Cornwall, where we have just spent a fortnight. It is called Westcliffe and is run by a charming young couple, Mr. and Mrs. F. M. Brennand. After a long experience of English hotels and inns, I can say that for variety of menus, good cooking and alternative serving of really good and simple food with care for the personal tastes of the (necessarily) few guests it stands quite by itself. The accommodation and comfort are equal to the food."

**TAMAR VALLEY**

A considerable area is devoted to fruit growing.

**TRURO**

"Likky pie." Thunder and lightning. Cornish heavy cake.

Saffron cake. Cornish sandwiches. Trout pie.

"The cooking at the Red Lion Hotel is excellent," writes Mrs. Sotheby. The Red Lion is recommended by others for well-appointed, well-cooked meals.

Penventinnie, near Truro. If you want to enjoy a good Cornish pasty, try some made by Miss L. M. Mitchell.

Cornish macaroons and fairings can be bought from Treleven, of Truro. Recommended by Miss Rogers, of Marazion.

## Dorset

**ALONG THE COAST**

Many crabs and lobsters.

**ABBOTSBURY**

Famous swannery. Roast swans (cygnets) are very good.

**BLANDFORD**

The Crown Inn here is highly recommended.

**BROADWINDSOR**

Tench in the upper reaches of the Stour.

**CORFE CASTLE**

The Bamber Arms here serve meat and fish dishes always enterprisingly and appetisingly prepared. An astonishing variety and choice is usually offered for so small a house. "The almost universal fault I have found in English eating houses is the flavourless cooking of vegetables. Carrots, cabbages, turnips, beans, are invariably, in my experience, over-boiled and hardly ever finished in butter, but this house is an exception," writes a correspondent.

**DORCHESTER**

R. W. Keech, Grocer and Provision Merchant, South Street, noted for Dorset blue cheese, blue vinney.

**EASTON**

Currant lardy cake.

**FERNDOWN**

The Links Hotel (Mr. and Mrs. Slaughter). Particularly recommended for its good English cooking.

**LULWORTH COVE**

Is famous for its lobster teas.

**LYME REGIS**

Go to the Royal Lion for good food, cooking and service.

**MORCOMBELAKE**  
(near Bridport)

Dorset knobs.

**NORTH CHIDEOCK**

Home-made wines, one of which is beetroot wine. Dorset apple cake. Cyder. Blue vinney cheese.

**PORTLAND**

The famous Portland mutton, Portland pudding and cake. Perry wine. Portland dough cake.

Portland Dough Cakes.

Miss A. Vipan writing from near Bridport, Dorsetshire, March 1931, says: "There are also a great many ortolans at Easter in Portland, but they are not much eaten nowadays." She also sent a recipe for a Dorset Apple Cake, which she says was given her "by a farmer's wife in this village, North Chideock, Bridport." Dorset is famous for its apple cakes. Miss Vipan says: "Make it into a flat cake about  $\frac{1}{2}$  in. thick, bake on a round flat tin  $\frac{3}{4}$  to 1 hour. Cut open, butter well, and eat hot." She adds: "Some make it in a cake tin 2-3

inches deep and eat it hot or cold with butter or cream. Also I am told it is made with gooseberries instead of apple, but I have not met with it. Some put in currants, but I think it is nicest as a teacake, and it heats up well the next day." The recipe will be found on pages 81-2 of *Good Things in England*.

The recipe for Portland Cake given by Mr. Stanley Bennett is also given in this book on page 293, but as it contains a slight but important error made either by a typist or the printer I am glad of the opportunity of giving it again here, correctly.

#### RECIPE FOR PORTLAND CAKE

This is a cut-and-come-again cake that keeps moist as long as there is any left. It is his mother's recipe, given by Mr. Stanley Bennett, the well-known illustrator.

*Ingredients.* Baker's bread dough 2 lb. ; plain white flour 1 lb. ; lard  $\frac{3}{4}$  lb. ; butter 6 oz. ; mixed candied peel 4 oz. ; moist sugar  $\frac{1}{2}$  lb. ; a large nutmeg grated ;  $\frac{3}{4}$  lb. sultanas and currants

*Method.* Put the dough into a warm basin, add the lard and butter, and work them in. Mix in the candied peel, moist sugar, nutmeg, currants and sultanas, add the flour, and mix well together. Three parts fill warm greased tins. Stand in a warm place to prove till well risen about 1 hour. Bake in a rather slow oven.

#### SHAFTESBURY

The Grosvenor Hotel. Exceptionally good food.

" Having read in *The Times* of yesterday, September 7th, your letter, 'English Cookery,' I should like to recommend the *very* excellent food and cooking at the Grosvenor Hotel, Shaftesbury, where I stayed the beginning of August 1935. The food was of excellent quality and quantity." (Extract from letter addressed to Florence White.)

**SWANAGE**

The Knoll House Hotel, Swanage, is another of Mr. Michael

Todd's recommendations.

The Grosvenor Hotel is beautifully situated, really on the seashore. It is a semi-luxury hotel, with very good cosmopolitan food. Recommended by Miss Gordon Holmes.

The Grand Hotel here has recently (1935) been taken over by the Proprietress of Melton Lodge, which she made famous for excellent catering and cooking, so we may expect the same at the Grand.

**SYDLING ST. NICHOLAS**

A motorist writes : " We had a particularly delicious cheese at luncheon at the inn here," but he does not say whether it was the famous Blue Vinney or not.

**WAREHAM**

In the summer of 1935 an admirable tea-house was opened at the Blue Pool, near Wareham, " where," writes a *Times* reader, " I think supper, perhaps lunch, can also be had, but the tea anyhow is quite remarkably good and with fresh-made scones, jam, etc., we had a better tea than can usually be found in much better known places."

The Black Bear here is another hotel recommended very heartily by F. J.

**WEST BAY**

The Bridport Arms Hotel is recommended for good food and cookery.

**WEYMOUTH**

Noted for its red mullet.  
The Gloucester Hotel is well recommended.

## Wiltshire

### General Information

One of the most interesting books for travellers or tourists in England is W. H. Hudson's *A Shepherd's Life*, the shepherd belonging to this county of course. Wiltshire, he says, is so frequently overlooked by holiday folk who rush through it to get to Somerset, Cornwall and Devon. "There is nothing striking," he continues, "in Wiltshire at all events to those who love Nature first; no mountains, nor sea."

Oh! but there is I think. There are the Downs "resembling vast pale green waves, wave beyond wave, and there are the people, the thatched cottages and Savernake Forest, and Stonehenge and Woodhenge, and Castle Coombe and Bradford-on-Avon and Pickwick, and Avebury and Ludgershall, not to mention Lacock, the gem of the whole. The county itself resembles the centre of a flower—a narcissus—with Dorset, Somersetshire, Gloucestershire, Oxfordshire, Berkshire and Hampshire as its petals. Cobbett in his *Rural Rides*, after visiting the richest and most beautiful parts of England, says he considers the Bishopstow district "the brightest, the most beautiful and of its extent the best of all. Smooth and verdant downs, hills and valleys of endless variety as to height and depth and shape; rich cornlands unencumbered by fences; meadows in due proportion, and those watered at pleasure; and lastly the homesteads and villages, sheltered in winter and shaded in summer by lofty and beautiful trees to which may be added roads never dirty and streams never dry. Then there are the Vale of Pewsey and other heavenly places.

Every range of hills from East to West—the South Downs, North Downs, Chilterns, Cotswolds, Mendips and the Downs of Dorset, the highways of prehistoric man—point and lead towards Wiltshire as to a common meeting place or sanctuary.

Apart from this, Mr. Hudson in *Highways and Byways in*

*Wiltshire* tells us "Stonehenge is older than the Pyramids, and if not the oldest thing in our island, is so old our mind is dazed before its antiquity."

Now what about its food generally?

There are more bacon factories in Wiltshire than in any other county, i.e. at Calne, Chippenham, Devizes, Malmesbury, Salisbury, Swindon, Trowbridge and Warminster and the name of the county has been given to a special cut known as the Wiltshire side, whether the bacon be English, Danish or American, therefore one may bank on eggs and bacon as a first-class dish; but it is necessary to ask for real English Wiltshire bacon if one wants the real thing.

If one has any luck one may even get farm-cured bacon. Home-curing is of great antiquity in England and until the beginning of the nineteenth century it was still the general rule. You may be pretty sure Queen Victoria, when she came to the Throne, always had home-cured bacon. At that time the very best bacon was consumed in the county where it was cured, not an ounce of it reached London except for special people or as presents, and it is pretty certain the same may be said to-day. To know how good English food and cookery can be we must roam through England.

The elm is the characteristic tree of the county and it is sometimes called "the Wiltshire weed." It is not surprising, therefore, that elm sawdust should be used to smoke Wiltshire bacon.

Mock Turtle Soup made with real turtle herbs (basil and marjoram for example) as a seasoning may be expected in the districts where many calves are reared; lamb's tail pie; fried lambs' tails; lambs' tails and parsley sauce; boiled calf's head; Devizes Pie; pickled hard-boiled eggs; hot lardy cake; fried grayling; bacon pudding; frumenty; candied bunches of barberries; pickled damsons; raspberry vinegar; elderberry wine; roast chap; Lacock cheesecakes, are all Wiltshire delicacies; and I have, thanks to Miss

Talbot, the Lacock recipes for all of them. There is even a special Wiltshire Pudding served in a special way. Wiltshire women are very good cooks.

**ALTON HILL**

Mrs. Softly, of Alton Hill near Devizes, told us when she was young and bread was short her mother used to make Potato Pancakes, a cake of half potato and half flour, cooked in a frying pan ; she also made very good currant cake with half potatoes and flour and no eggs, the potatoes were boiled first and then mashed. This removes from our splendid English housewives the undeserved stigma of extravagance. As a matter of fact, seventy years ago English housewives were excellent cooks and managers and even to-day there is a great deal of latent unsuspected talent for cookery amongst English girls of every class. Mrs. Softly says she still enjoys a cup of Kettle Broth, and finds it a good remedy for a cold. She says when she was a girl working in London she has amused people by making it. To do this break up some bread, put it in a cup with pepper and salt, add a piece of butter and pour boiling water on it. Very good indeed.

**AMESBURY**

The George Hotel. Extremely good cookery.

**ASHBURY (near Swindon)**

The Rose and Crown Inn, recommended by H. F. Watson.

**BOX (near Bath)**

The Northey Arms. A distinguished person writes : " Have just heard Maisie Gay, bless her, is giving up the Northey Arms at Box, and a friend of mine contemplates taking it on. He knows about drink, and I hope knows something about food."

The Northey Arms. Exceptional food and everything else. Run by Miss Maisie Gay. Highly recommended by F. J.

**BRADFORD-ON-AVON**

Visitors who have stayed many times at the Old Court, Avon-cliff, say they cannot too warmly recommend this country hotel. They write: "We can honestly say we have always enjoyed an abundance of well-cooked English food. This recommendation is absolutely unbiased. We have no financial interest in the hotel and do not object to our names being published: M. J. Warner, Mr. and Mrs. A. C. Lambert, H. M. and E. M. Cruttwell."

**CALNE**

The great centre for the production of Wiltshire bacon.

Harris's bacon factory.

**CASTLE COOMBE**

One of the loveliest villages in England. Hurley, Baker and Confectioner, sells extremely good lardy cakes, a large one costs 6d. Lardy cakes must be made with English lard. It is firmer than the American lard that is sold in England.

**CHIPPENHAM**

Cheese, condensed milk. Bacon curing. Bradenham hams now

cured here.

**CORSHAM**

Pickwick, near Corsham, is a golden village with a delightful inn, the Hare and Hounds, kept by Mr. and Mrs. Wells. All the vegetables are home grown. Mrs. Wells is justly proud of her poultry. A well-cooked, hot, midday meal is served every day except Monday, when a cold lunch can be had, and also at other times.

**CROCKERTON (near Warminster)**

A retired London organist writes: "I should like to add a name and address to your 1936

Good Food Register. It is the nearest place of refreshment

to 'Shearwater,' the beautiful park and lake belonging to the Marquess of Bath. Mrs. Feltham carried it on for over fifty years, assisted by her daughter at Shearwater Lodge. It is now continued by the daughter, Mrs. Stockley, at adjacent premises (94-5 Bradley Road, Crockerton, near Warminster)."

First-rate home-made cakes and jams are specialities of the teas served in good style in house and gardens.

### DEVIZES

Bacon, Devizes Simnel, one of England's classic simnels, is star-shaped, mock turtle soup, Devizes cheesecakes, frumenty. The last four are specialities of J. J. Strong, the Phoenix Restaurant, 7 The Brittox, Devizes.

If you want good bread and buns and hot lardy cakes go to Mr. H. V. Godden, 68 Park Street. The Town Clerk will tell you all about Devizes pie, but whether you'll get it in that town I can't tell, but you'll see further down where it is served in Wiltshire. (See Salisbury—West Harnham Old Mill Club.)

The Green Parrot Tea Rooms, Long Street. Very good cakes, recommended by Mrs. Allhusen, President of the E.F.C.A. for 1934.

F. J. recommends the Bear, which was at one time kept by the father of Sir Thomas Lawrence, the painter.

### KINGSTON DEVERILL

Plum chutney, green gooseberry chutney, ladies' delight.

### MALMESBURY

The Bell Inn is warmly recommended.

**MARLBOROUGH**

The Polly Tea Rooms. Here you will get remarkably good cheese omelets. Excellent home-made bread, and good cooking in general.

Knapton, Baker, High Street. Very good old-fashioned loaf gingerbread, with cherries, etc. in it.

At Oare Pennings Farm, near Marlborough, very fine truckle cheese (about 2 lb. cheddar) is made and sold.

The Castle and Ball Inn, in the wide High Street, is over 350 years old; it is one of the Trust Houses. Royalty has honoured it—the Duke of Gloucester has stayed there, and the Prince of Wales (now King Edward VIII) has been here, too; you may see both their signatures in the visitors' book. The inn, though old, is replete with modern comforts.

**MERE**

The Talbot Hotel is recommended very highly by a visitor who visited it in 1934.

The Old Ship here also is thoroughly recommended.

**LACOCK**

This is one of the loveliest villages in England, with a magnificent Abbey dating from the twelfth century, belonging to Miss Talbot.

I am told by a lady that "she has stayed at Mrs. Jackson's, who takes paying guests at Strode Farm, Lacock, and enjoyed there well-cooked English food, no special local dishes but simple food cooked in the English manner, excellent home-made cider and marvellous cake."

Lacock in general is noted for its real English cookery as well as for its Abbey and its own beauty.

**PEWSEY**

Preserved pears. Eggs with lettuce. Winter salad. Soda cake.

The Royal Oak Hotel, Pewsey. An excellent cup of tea.

The Phoenix Hotel (Mrs. Brasier). Very good lunch for 2s.

### **SALISBURY**

West Harnham Old Mill Club and Restaurant, near Salisbury, owned by Mrs. Lionel Fox-Pitt, is a survival of some fourteenth-century monastic building, which its owner has converted into an ideal country club and restaurant open to the public. Rooms for paying guests and residents are available. It is noted for its good Wiltshire cookery. Augustus John says, "it is the best cookery in England." One of the specialities is samphire cooked like asparagus. Another is DEVIZES PIE. It has a mill stream where one can fish, a sun garden, and a dovecot. It is a favourite resort of artists, musicians, and men of letters.

The Haunch of Venison, Poultry Cross, Salisbury, noted for its grills and good English Cookery generally. "The best grilled steak in Salisbury."

When I was travelling all over England in search of Food and Cookery Lore when in Salisbury I made the Old George Hotel my headquarters. It is run by resident owners who possess "personality" and the house itself is full of historic interest. Once I occupied the very room occupied by Pepys when he stayed there over 200 years ago ; but this is only one of the many rooms with historic and romantic associations. A modern and original touch at the Old George is the notice on the menu card, "supplementary portions of any item on this menu will be gladly served on request." This is to avoid huge helpings, which are too much for most women and many men, and yet ensure every one having sufficient, instead a moderate daintily carved portion is served, and as stated supplemented if required by a second portion for the same price. The meat is English, and another boon is that free garage is given during the luncheon hour to all motorists who takes luncheon at the George.

Pepys wrote in his Diary : Came to the George Inn where

lay in a silk bed, and very good diet. Amongst other residents when I was there were two blue Persian cats who were however very aristocratic and somewhat exclusive.

Salisbury is of course Trollope's Barchester and those who want to get the spirit of the place in Early Victorian Days in time for the Centenary of Queen Victoria's Accession should read *The Warden* published in 1855; this was followed by *Barchester Towers*, *Framley Parsonage*, *Dr. Thorne* and by *The Last Chronicle of Barset* all unequalled for the pictures, often satirical, they give of life in and around an English Cathedral City.

The George is also referred to by Dickens in *Martin Chuzzlewit*.

The County Hotel is highly recommended by F. J.

### SWINDON DISTRICT

Large quantities of "Double-Gloucester" cheese made here.

### WARMINSTER

The best meat in the Kingdom, according to Cobbett. Noted for lambs' tails pie and lambs' tails stew, "solid syllabubs" called here "whips." Beer and ale.

The Bath Arms, Warminster, is a small hotel where good simple well-cooked food is served in a cheerful manner.

## Southern Counties

THERE are not on the whole so many, or such important, characteristic dishes in this part of England as are to be found in the North and in the West. The outstanding feature on the whole is dairy produce and the forms of food that are derived directly from it.

It is a famous part of England for biscuits of every kind, the Huntley & Palmer factory at Reading being the chief

centre. Fresh salads and home-made cakes may almost always be found at any eating place in these counties. Fruit and small fish are also plentiful, and poultry is abundant.

Pigeon pies with mushrooms or with bacon are a favourite dish. As regards meat, Southdown mutton is probably the finest product of this part of England. The ales which are made in Kent and in Sussex are among the finest kinds of beer produced anywhere in these islands.

J. B.

I do not think there are fewer local and regional delicacies or good cooks in the Southern Counties as in the North or Midlands, the difference is that they are not so well known. They need discovering, but then so did numbers in the North and Midlands when I began my campaign in 1926 by traveling all over England in search of food and cookery lore.

F. W.

## Berkshire

### ABINGDON

The Wheatsheaf is another hotel from the list sent by the man who evidently knows what's what. I know this by those he gives, the cooking and upkeep of which are known to me personally.

The Crown and Thistle is highly recommended for its distinguished cookery and wines. The house is charming—period James I.

### BRAY (Maidenhead)

The Hind's Head is recommended by many correspondents. "Good wine needs no bush," and the Hind's Head is so well known for good food that it requires only to be mentioned.

**FARINGDON**

Noted for its bacon and dairy produce.

**HENLEY-ON-THAMES**

Miss E. Stuart's Elizabethan House and Tea Gardens; two or three very comfortable bedrooms. Highly recommended by Mrs. Loch. Breakfast, lunch, tea, dinner and home-made cakes.

**HUNGERFORD**

The Bear Hotel, exceptionally good. "Had excellent home-cured ham and fresh salad for luncheon when motoring from London to Bath," writes an E.F.C.A. member.

Fishing. Good home-cured ham, a speciality of the Bear.

**KENNET**

Famous for grayling.

**MAIDENHEAD**

A visitor here in 1933 was given young lime leaves as a salad placed between bread and butter.

Skindle's Hotel, Maidenhead Bridge. A group of visitors here in September tell me I must most certainly include this hotel in my list. Amongst them was a lady from Malaga (Spain) and a Commander of "The King's Navee." Electric canoes and launches are available. (Room, 6s. 6d. Lunch, 5s. Dinner, 7s. 6d.)

**MORTIMER**

Mrs. Rice writes: "I should like to mention that we have found excellent cooking and very moderate prices at Gorse-land's Hotel, Mortimer. Proprietress, Mrs. Court."

**NEWBURY**

The Tudor Café here is recommended for its real Wiltshire bacon.

Try the Chequers Hotel. You'll like it.

**PANGBOURNE**

The food is reported to be "good" at the Elephant Hotel and the charges "moderate."

**READING**

Huntley & Palmer's biscuits; these biscuits were first made by a schoolmaster's wife in her own kitchen at the beginning of the nineteenth century in a house which is still standing on Lime Tree Hill, Burford, Oxfordshire.

Boiled treacle pudding. Reading sauces. Malting and brewing.

**TILEHURST**

Mrs. Baker, of 5 Victoria Road, Tilehurst, is a fine cook. She made and exhibited a cake known as "Aunt Nellie's Cake" at the First English Folk Cookery Exhibition.

**WANTAGE**

The food at the Bear is recommended as above the average.

A friend writes: "I can recommend the Bear Hotel, Wantage, for the best simple cooking I obtain anywhere."

**WARGRAVE**

At the Lake Cottage Tea Gardens the food and attention is of an excellent standard. Recommended by Miss E. Harris.

**WINDSOR**

A lady writes: "I managed a county hotel myself for twenty-two years so I am interested. I stayed at Tower House Hotel and Café for some days. Good cooking is a speciality as the proprietress understands it herself. The soup (which is the acid test) was excellent.

The cooking at the Drury House is excellent but not cheap.

**WYTHAM**

Strawberries are largely grown here. At the end of June much visited to eat the fruit.

**General**

Berkshire is noted for its dairy produce and pigs; bacon in consequence is much used in cookery; bacon pudding is a traditional dish as it is in Hampshire, Somersetshire, Kent and Bedfordshire. Then there are the special delicacies of Windsor Castle and Eton College, which of course are not available, but there are very good restaurants with excellent cooking.

Amongst the Windsor Castle specialities are little mutton pies made from a very old recipe. Miss Acton gives a special Windsor recipe for cooking carrots. Berkshire cakes are another county dainty, and so are "faggots" called in some other places "Harslet," also Poor Knights of Windsor, and Windsor Fruit Pies.

## Hampshire

**ANDOVER**

East Cholderton Farm Products, 51 Bridge Street, Andover, are very good indeed and may be bought at this café.

The Central Hotel here is most reasonable in price and strongly recommended.

**BASINGSTOKE**

The Red Lion is highly recommended by F. J.

**BEAULIEU**

Mrs. Mashiter writes: "I have stayed at the Master Builder's House, Buckler's Hard, Beaulieu, all this summer and the whole of the last two summers and the food is always first rate, quite exceptionally good. The hotel is closed in the winter." Recommended also by Miss Gordon Holmes.

A gentleman writes: "In reference to your letter in *The* ... I have much pleasure in recommending this hotel; the

food is excellent in every way, simple, best quality, and attractively served."

An American lady who has spent ten summers in England and much time on the Continent writes: "I have read your announcement in to-day's *Times*, September 7th, 1935. I certainly think it would be a pity if this house (the Master Builder's House, Buckler's Hard) were omitted. I can honestly say I am better fed under this humble roof than I have ever been in England before, and that the cooking is fully as pleasing as in good Continental establishments. There have been many dishes new to me which I understand are typically English, such as Friar's Omelet, which I enjoyed very much this noon. Americans usually go home from England hungry for some of our favourite dishes, and not too full of praise, I regret to say, for English cooking. But I shall go from here full of praise for that side of it."

### **BOURNEMOUTH**

The Bourne Hall Hotel is recommended by Mr. Michael Todd as being "really very good and not expensive."

The Langham, Berwick Road, is recommended as a comfortable hotel where the food is very good.

The Glenroy Hotel, St. Michael's Road, Bournemouth. Highly recommended.

There is a first-rate English chef here who makes wonderful sweets. Recommended by Mrs. Mitchell. The proprietor of the Glenroy Hotel, Captain G. S. Barton, is resident at the hotel and manages it himself.

A North Country woman, who does not want her name mentioned, recommends the Cranbourne Hall Hotel, Cranbourne Road, Bournemouth, where "all the cooking was good, but particularly the roast beef and Yorkshire pudding." Think of that, a North Country woman recommending Yorkshire pudding made and baked by a poor Southerner! But perhaps the cook at the Cranbourne is a Yorkshire man or woman?

Try Meyrick Cliffs Hotel, strongly recommended.

A reader of the 1935 GOOD FOOD REGISTER writes : " Do include in the 1936 REGISTER a small but perfectly run hotel : Beechwood, Bournemouth. It is owned and run by Mrs. Walker and is situated on the West Cliff. We were there three weeks in May and June and the catering, cooking and extremely varied meals were splendid, always generous, and beautifully cooked."

### **BROCKENHURST**

The Balmer Lawn Hotel. New Forest. The cooking at the Rose and Crown Inn at Brockenhurst is pronounced simple but excellent. Room, 4s. Lunch, 3s. 6d. Dinner, 5s. The Rose and Crown is recommended for " beautifully tender meat, poultry, soup, milk and butter of the best, and it is not dear."

The Brockenhurst Hotel is most highly recommended for its good food ; it is also such a charming " country house " to stay in, with very nice people ; it is not cheap but reasonable.

### **CHILBOLTON**

Famous as the residence of the maker of Mothering Sunday wafers.

### **CRAWLEY**

In an interesting letter the writer says : " My wife and I have sampled quite a few of the inns of England, but with one notable exception, they have almost invariably proved bad. The exception is the Fox and Hounds, at Crawley, Hants, and the food there is the only English fare I know of (apart from such well-known establishments as Simpson's in the Strand and the like) that one could recommend to a foreigner without patriotic misgivings. It is well worthy of inclusion in your GOOD FOOD REGISTER, which I regret to say I have not heard of before. I have often thought that a register of this kind was very badly needed and I should like to have a copy

and to know when the 1936 edition will be available. With my best wishes for the success of the excellent work you are doing."

### **CHRISTCHURCH**

Noted for Salmon.

### **EMSWORTH**

A visitor writes: "I should like to recommend the Crown, where the Emsworth dabs fresh from the sea furnish as fine a dish of fish as one could wish for. Also the vegetables come from the innkeeper's garden and he is justly proud of them."

### **FAREHAM**

Stewed pigeon with bacon and mushrooms. Swede turnip tops. Chicken and sausage pie. Roast leverett basted with milk and butter. Friar's Omelet. Syllabubs, lemon sponge, orange jelly quarters are all local delicacies.

A correspondent who sends several addresses adds: "I can also recommend the Red Lion. For which I'm thankful. I should hate to think the hotel where I used to live is despised and rejected by men—and women! The Red Lion Hotel (Mrs. Copp) is particularly recommended for very good English cookery. Delicious salads grown in own garden.

Pyle's, Confectioners, 43 West Street, Fareham. Particularly good pork pies and Hampshire lard cakes.

Cedar Cottage Tea Rooms. Delicious chocolate cake, shortbread and drop scones.

### **FORDINGBRIDGE (near)**

Ye Olde Tudor Cottage, Godshill, Fordingbridge.

### **GODSHILL**

Teas are served in an oak-beamed lounge and delightful garden. Morning coffee. Home-made cakes. Telephone: Fordingbridge 124.

**GOSPORT**                      Rose petal jam.  
The Swiss Café, recommended  
by Mrs. Adams and Miss Nora Maguire.

**HARTLEY WINTNEY**              Gipsy bread or spiced bread.

**HOLYBOURNE**                  Mapeys, Holybourne. Rose  
petal and other unusual jams.

**LIPHOOK**                      The Royal Anchor is recom-  
mended for a good dinner.

**LISS (Woolmer Forest)**          Cranberries.

**LYNDHURST**                  Recommended for good national  
cookery.

**NEW FOREST**                  Wild cherries and hazel nuts.  
One January day motoring from  
Fareham, through the New Forest, just before we reached  
Ringwood we stopped at the Kettle Tea Rooms and sitting  
by a glorious fire had some most delicious coffee. Don't tell  
me we cannot make good coffee in England. Can't we just,  
and cream also can be had if you want it.

**RINGWOOD**                  St. Mary's Café, Market Place,  
Ringwood (Mrs. Pitt). Excellent  
home-made cakes and scones.

Pilley's, West Street, for pork, sausages and brawn.

**BLASHFORD (near  
Ringwood)**                  Blashford Dairy Farm (Mr. and  
Mrs. Vincent). Good milk,  
cream, butter, poultry and eggs.

**SELBORNE**                  A lovely village, and good food.  
The place where Gilbert White,  
the famous author of *White's History of Selborne*, lived. We

made a pilgrimage there one day and had a very good tea at the Queen's Hotel kept by Mr. A. G. Palmer.

**SOUTHAMPTON, PORTSMOUTH AND DISTRICT** Market garden crops, strawberries and other soft fruit.

**SOUTHAMPTON** The Polygon Hotel is highly recommended.

**STEVENTON** Apples. (*See Emma*, by Jane Austen.) Baked apples. Steventon is chiefly noted as the birthplace of Jane Austen in 1775.

**TEST AND ITCHEN RIVERS** Grayling.

**TITCHFIELD** Lady Congreve's water biscuits.

**WEYHILL FAIR** Frumenty (*see Thomas Hardy's Mayor of Casterbridge*) and Gingerbread Husbands.

**WHITCHURCH** The White Hart here is recommended as being "very good."

**WINCHESTER** The Old Chesil Rectory. Tea rooms and luncheons (Mr. and Mrs. R. T. Hicks). Very, very good.

The Old Chesil Rectory Tea rooms are noted for their excellent cakes and luncheons, particularly for Date and Walnut Cake, and Hunter's Pudding. Winchester folk make a point of visiting this attractive restaurant when certain special dishes are billed on fixed days. That's a good idea.

## Isle of Wight

### BEMBRIDGE

Near Bembridge a café on a promontory has written up in large letters: Lobster Lunches and Prawn Teas. A correspondent who sends this bit of information says: "And very good they were about twenty years ago"!

### BRADING

For pigeon or game pies, roast beef and *light* Yorkshire pudding, home-made cakes and hams, all of the best, go to Mrs. Morris, The Russels, High Street. Service unsurpassed for cleanliness and general comfort, charges very moderate.

### FRESHWATER

Freshwater Bay Hotel is highly recommended.

## Middlesex and London

IN London it is possible to eat the food, and hear the language, of pretty well every nation under the sun. Therefore I shall not attempt the impossible task of providing a complete guide, but merely mention some of those eating places which I know from personal experience to be unusual and good of their kind and English in nature.

With regard to exotic food I shall merely say that you can have Indian dishes at their best at the Indian restaurant in Regent Street, good Chinese cooking not a quarter of a mile away the other side of Piccadilly Circus, and the characteristic dishes of nearly every European nation in the cafés and restaurants of Soho and Bloomsbury round the corner.

Antoine's in Charlotte Street is a particularly attractive little place, run by a Roumanian "patron" with an Italian wife, an English waiter and first-rate French cooking.

J. B.

## Greater London

### ACTON

Acton Wells House had three wells, whose waters were saline and said to possess powers similar to the Cheltenham waters.

### BRENTFORD

(1) Home-grown potatoes and other vegetables from Middlesex, Berkshire, Surrey, Buckingham, and Hertfordshire are sold in Brentford Market. (2) Cornish broccoli and (3) strawberries from Southampton and Wisbech area.

### EDMONTON

Famous for roast sucking pig, Charles Lamb's favourite dinner.

### HAMPTON COURT

The Great Vine here is supposed to have been planted in 1738. Its stem is 38 inches round, its chief branches 110 feet long and its average yield 1,200 lb. of grapes.

The Mitre Hotel provides English food at its best.

### ISLEWORTH

Noted for its ale. The Jolly Gardeners. First-rate English cooking by Mrs. Collar, wife of the hospitable proprietor.

### KILBURN, N.W.6

Mr. London Bun, the ancient London Johnny Cake, can be bought here.

Pastrycook, Confectioner and Baker, 67 Cambridge Road, sells Johnny Cakes (bun mixture), dough babies. The girl will probably tell you she does not know them, but I've bought them there.—F. W.

**PERIVALE**

Famous in days of old for its wheat. Michael Drayton said in a note to his *Polyolbion* that Perivale yielded the finest meal in England.

## Middlesex

**STANMORE**

The Royal Abercorn Hotel has been taken over by Mr. and Mrs. Thompson, who previously owned the Passfield Oak Hotel, near Bordon, Hampshire. Mrs. Thompson, who is the daughter of Sir Hugh and Lady Allen, is a notable cook and does most of the cooking herself. What she does not do she supervises, personally. It is interesting to note how frequently music, learning and good cooking go together. The Italian Renaissance of Learning and the Renaissance of Cooking went together.

**SUNBURY**

Noted for its fishing in the Thames. Here are the rearing ponds of the Thames Angling Preservation Society.

**TEDDINGTON**

Famous haunt for fishermen.

**TWICKENHAM EYOT**  
or **Bel Pie Island**

Its inn has been a place of resort for three centuries. Ask for eel pie.

**HYDE PARK**

Powerscourt, 70 and 72 Westbourne Terrace, Hyde Park, W.2. "For really good food and cooking I can recommend this hotel," writes the Rev. Canon Thomas Houghton, chaplain at Pau.

**HYGELA HOUSE**

Whitfield, 37-9 Warrington Crescent, Maida Hill, London, W.

**LONDON TAVERN**

Fenchurch Street, London, E.C. (C. W. Bance) is highly recommended.

**SOUTHAMPTON ROW**

The Cosmo Hotel, Southampton Row. Noted for its top-hole cooking. Recommended by Florence White.

**STONE'S**

Panton Street, best remaining representative of old-fashioned chophouse—stalls to sit in—first-rate plain English cooking. No ladies in coffee room.—J. B.

**STRAND**

Simpson's-in-the-Strand. Here joints are really roasted in front of an open fire. Special dishes are saddle of mutton (South-down), Scotch sirloin of beef, boiled leg of pork, Kent chicken pudding, turbot and lobster sauce. Simpson's now possess a gastronomic map of England. Here the first English Folk Cookery Dinners were held.

Temple Bar Restaurant is a Trust House where extremely good English cooking is served. Calf's head and other favourite dishes being on the bill of fare.

**VICTORIA, S.W.**

The Belgravia Restaurant is highly recommended. So is Odoni's Restaurant for Italian cookery.

# London

## FAMOUS OYSTER HOUSES

<b>CHEAPSIDE</b>	Pimm's. Famous for oysters.
<b>COVENTRY STREET</b>	Scott's. Dressed crab, lobster salad, oysters, Saddle Bag Steak.
<b>FLEET STREET</b>	Sweeting's. Famous for oysters.
<b>GLASSHOUSE STREET</b>	Driver's. Renowned oyster house.
<b>KING STREET, ST. JAMES' SQUARE</b>	Wilton's. Renowned for oysters and caviare.
<b>MACCLESFIELD STREET, SHAFTESBURY AVENUE</b>	De Hem's. For oysters and good English cooking.
<p>“ When oysters to September yield          And grace the grottoed Macclesfield,          I shall be there, my dear de Hem,          To wish you well and sample them.”</p> <p>G. R. SIMS.</p>	
<b>MAIDEN LANE</b>	Rule's. Famous for oysters.
<b>STRAND</b>	Gow's. Famous for oysters.

# Surrey

<b>BAGSHOT</b>	A <i>Listener</i> reader says: “ I have been looking for an Inn serving good food (without wireless accompaniment) for some
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time. Will you let me have a copy of the 1935 Good Food REGISTER? It would be much easier to name the bad than the good, but I would recommend the following as above the average!

The Cricketers, Bagshot, Surrey ;  
 The Ethiope, Gerrard's Cross, Bucks ;  
 The Bear, Wantage, Berks ;  
 The Royal Anchor, Liphook, Hants.

" I have no interest other than to find a place where a well-cooked dinner can be eaten in quiet and comfort."

### **BOROUGH HEATH**

Mrs. Copland turned into the Sugar Bowl, Brighton Road, one morning and stayed to lunch. She was very much pleased with the variety of really well-cooked dishes and the clean and efficient service.

### **BURFORD BRIDGE**

Another *Times* reader makes the surprisingly sweeping statement (to which the compilation of this book supplies the answer): " I travel in my car twice yearly between Westmorland and Rome, and only at the Burford Bridge Hotel, Dorking, do I find good food in England."

### **CARSHALTON**

At one time noted for its trout fishing.

### **CHERTSEY**

Manchets made from a recipe that has been in the family for years are sold by W. Wade, London Street, Confectioner, Chertsey. Recommended by Dr. Williamson, Guildford.

### **DORKING**

Burford Bridge Hotel. (A. G. Weston.) (*See* Burford Bridge.)

**ESHER**

are moderate.

The food at the Moor Place Hotel is good and the charges

**EWELL**

can be bought.

Hall Davidson, Flour Mills, here good stone milled flour

**FARNHAM**

A Dorset lady writes: "I always find the food very good and well cooked at the Old Mitre, Farnham."

**HINDHEAD**

A keen motorist writes: "My husband and I have motored a great deal in England, and I am giving a few names of some of the hotels and restaurants and small inns where we have had meals. Moorlands Hotel, Hindhead, serves very good food, but is not very cheap. The same may be said of Newlands Corner Hotel."

The lady who praises the Unlawater Hotel, Newnham-on-Severn, writes: "I can give much the same praise to a smaller hotel at Hindhead, Lake View, Wood Road; though, perhaps, there is rather more 'show' about the food, but thereby more variety."

**LEITH HILL**

Bilberries, sloes, wild service trees, wild raspberries, bullaces, dewberries, grow wild here. Medlars and walnuts grow in this neighbourhood. Ask, therefore, for medlar jelly, bilberry pudding, sloe gin, pickled walnuts, walnut ketchup.

**LINGFIELD**

Noted for Mr. Baker's herbs and herb vinegar.

**MORTLAKE**

Asparagus is good here.

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**MORTLAKE**

Asparagus is good here.

**REDHILL, REIGATE  
AND NUTFIELD**

Medlars found wild.

**RICHMOND**

Miss R. K. Leech, writing from Dublin, says: "I have just returned from a stay of four weeks at the Queen Anne Hotel, Church Street, Richmond, Surrey, and seeing your notice in *The Times* I can highly recommend it for good cooking and food and plenty of it. It is a small private hotel. The manager and staff cannot be too highly praised for kindness and willing service."

The Roebuck is an excellent hotel for English food; fine view of the Thames from Richmond Hill.

Maids of Honour. In former days famous for Richmond Eel Pies, pronounced by epicures "most delicious." Ask if still made. If not, why not?

**RIPLEY**

At the Hut, Ripley, very good teas are served and the place appears to be well run.

At the Talbot Hotel, here, the food is also "very good," and the charges moderate.

**SHERE**

"Probably the White Horse here is already entered in the REGISTER," writes a friend. "I have only had a cold Sunday supper there; but the cold roast beef they gave us was cooked to perfection; and obviously the best English meat, and the salad which accompanied it and the cheese which followed were of the same highest English quality. My friend and I have always remembered that meal, simple though it was."

**SURBITON**

"I have much pleasure in recommending this hotel (27 Surbiton Court, Surbiton) for excellent cooking, moderate

prices, perfect service," writes a correspondent who complains of the many really wretched highly priced hotels she has met with whilst touring. She will I am sure be glad to have this book with its long list of really good hotels, and there are many, many more.—F. W.

**TOLWORTH**

Mrs. S. E. Lusty, 26 Lyndhurst Avenue. Home-made Preserves a speciality. She exhibited at the First English Folk Cookery Exhibition.

**WISLEY**

The Hut Hotel, one of the Surrey Trust Inns, is recommended as providing excellently cooked fare. It is situated in very attractive surroundings, and is an outstanding good inn amongst Trust Houses which are as a rule very good, some, however, being better than others.

**WOKINGHAM**

A lady who does not wish her name published, writes: "I should like to recommend the Old Rose Inn, Wokingham; it only a very small hotel, several hundred years old, but the food is excellent."

## Sussex

**ANGMERING-ON-SEA**

Miss A. M. Braithwaite writes: "I have much pleasure in recommending the Fairview Hotel, Angmering-on-Sea, where a friend and I stayed for a fortnight this summer. At the Fairview there is really good English cooking, such dishes as roast beef and Yorkshire pudding, roast chicken with all the usual accessories (sausages, bread sauce, etc.), beautifully cooked and served. Good puddings and pies."

**ARUNDEL**

Norfolk Hotel. Recommended for its fish by Mrs. A. M. Stow.

**ARUNDEL, CHICHESTER, AND LEWES** Ale brewed in famous breweries.

**BATTLE**

A visitor from Johannesburg, South Africa, writes : " I lunched at the Chequers. This, in outward appearance is the average village inn, nor does its interior with Victorian wall-papers, rather faded, and oddments of mahogany furniture suggest that anything at all inspiring is to come ; but when I saw the menu I almost swooned.

" Prawns in aspic, iced ; grapefruit, also iced ; delicious salmon mayonnaise ; a choice of lamb, turkey, duck, ptarmigan, chicken and other dishes, with the best new peas I have ever tasted, and new potatoes straight from the kitchen garden, likewise salad, and to wind up, a selection of half a dozen dishes composed of fresh fruit from the garden with good thick country cream. Everything was exquisitely cooked and served and it all seemed like a wonderful dream. The Chequers at Battle is one of those discoveries which make the pursuit of the good English Inn worth while." English inns are full of surprises.

**BEXHILL-ON-SEA**

Granville Hotel, recommended by Mrs. Violet Adams.

Cooden Beach Hotel, near Bexhill, owned by the Countess de la Warr, is a modern hotel, charmingly furnished. Recommended for very good food. Golf.

**BOGNOR REGIS**

Mrs. Herbert says : " I should like to recommend a restaurant here where we obtained splendid meals during our stay there these last two weeks, September 1935. The name of the restaurant was Osborne's, and it was a licensed house. They

were, I think, wine merchants. I do not unfortunately, remember the name of the road, however it was a big shop, and, I should think, well known. We had delicious roast beef and Yorkshire pudding, steak and kidney pies and puddings, that were a dream. The black-currant and apple pies melted in one's mouth. We always had a thoroughly satisfactory meal, deliciously cooked and nicely served for the small sum of 2s."

**BRIGHTON**

(See also Hove.) Benares House,  
16-17 Norfolk Terrace, Brighton.

Howard's Restaurant, King's Road. An extremely good grill room.

Irish House, East Street, an extremely good grill room.

Katrine. Delicious home-made cakes a speciality.

Royal Crescent Hotel, Brighton. Vegetarian dishes a speciality.

Stratta, 8 Duke Street, Brighton, where very good coffee can be bought.

The Misses Cheeseman, 35 St. Luke's Terrace, Brighton, who for years kept their renowned Oyster shop, still make their delicious beef relish, and will be pleased to send it to their clients anywhere.

**BRIGHTON, EAST-  
BOURNE AND  
HASTINGS**

Fish, especially plaice, bass,  
John Dory and red mullet,  
and at Hastings, gurnet.

**CHICHESTER**

The Dolphin and Anchor Hotel,  
Chichester, serves very good

lunches and dinners.

The Dolphin and Anchor. Full lunch, 3s. 6d. Ordinary lunch, 2s. 6d. Recommended by Mrs. Samuelson.

"Here Shippam, a commercial firm of the best possible standing, makes fish and meat pastes which are sold largely in the neighbourhood and seem to me," writes a lady from

Maidenhead, "much better than some others. The firm welcomes visitors. The Queen went to see over the factory not long ago (1935)."

### **CROWBOROUGH**

The Rowan Hotel. Highly recommended by Miss Wulfred

Pryke.

### **DITCHLING** (near Hassocks)

Sundown Tea Rooms. (Miss Partridge.)

### **EASTBOURNE**

A *Times* reader writes: "This hotel seems to me to be really the sort of place you would wish to know about. It is an old establishment, but the original building was pulled down last winter, and an entirely new one built with every modern convenience. But it is the food you are interested in. We have been fully three weeks here and the cooking has at every meal been very good, and all the materials are first-class; roasts, chicken, game pies, fish of various kinds, salads, milk puddings, all alike are excellent."

### **EAST GRINSTEAD**

Dorset Arms. Recommended by Mr. E. G. Rowland. Special

dish, roast duck.

The Felbridge Hotel is noted for its good cookery.

### **FAIRWASH**

Really good national cookery and every comfort when you stay there may be enjoyed at Miss Dunbar's, Romany Cottage, Fairwash. It is near Upfield on the edge of Ashdown Forest. Recommended by Mrs. Joan Lowes.

### **FELBRIDGE** (East Grinstead)

At the Southern Service Filling Station here, teas and light luncheons are obtainable which

my informant, who saw my letter in *The Listener*, tells me it would be difficult to surpass.

**FINDON**

good indeed.

The Findon Manor Hotel and Country Club is said to be very

**FOREST ROW**

There is a very good tea room here, Lantern Cottage, the building is dated 1490. Owned by Miss M. S. Parker.

**HASLEMERE**

The Three Limes, is an excellent tea and light luncheon restaurant, also the Georgian Hotel for lunch and dinner.

**HASTINGS**

The Queen's Hotel.

**HEATHFIELD**

A special fattening district for "Surrey" fowls and others. Other products butter, fruit, vegetables and rabbits.

**HORSHAM**

Prewitt's stone-milled English wheat. Bread, biscuits, etc.

An extremely good beer, called XXXX Beer, can be bought at King and Barnes, Brewers, Horsham. It is distinctly not a bitter beer, in fact it is rather on the sweet side.

If you want good cooking you will get it at the King's Head.

**HORSTED KEYNES**

Hollow Butter Pudding, a farmhouse speciality, Ashdown partridge pudding, and blanket pudding.

**HOVE (Brighton)**

The Victoria Residential Hotel, 54 Brunswick Place, Hove.

If you want good home-made cakes, and large, very good pork pies, go to Clay, Waterloo Street, Hove.

The First Avenue Hotel here is recommended very highly by a *Listener* reader.

**LEWES**

At the White Hart Hotel, Lewes, nothing but the best English meat is cooked, and that if possible locally fattened. The mutton and lamb are genuine Southdown. "I find," writes Mr. H. V. Walton, the proprietor, "that through these two invariable factors my guests return repeatedly to the admitted enjoyment of a sound English meal, well cooked and, I hope, appetisingly served by my staff."

Shelley's Hotel is recommended by F. J.

**MIDHURST**

Hazel nuts abound in this district.

The Spread Eagle, Midhurst, is highly recommended.

**NEWHAVEN**

The Hope Inn, Newhaven, Sussex, prides itself on providing excellent eggs and bacon at any hour of the day or night.

**PULBOROUGH**

The Green Woman Guest House. The cooking here is, I am told, "original and imaginative." An outstanding centre. Try it.

Mrs. Newton also recommends "The Piper's Fancy," Coldwatham, near Pulborough, for morning coffee, light luncheons, teas, ices, home-made cakes and scones.

**RYE**

The Old Hope Anchor Hotel, here, kept by Miss Bellhouse, gives excellent teas (home-made cakes and jams) nicely served, says a gentleman, who stops there a great deal.

**SOUTH DOWNS**

Sheep grazing. The goodness of Southdown mutton is said to be due to the sheep feeding on snails.

**STEYNING**

St. Catherine's Guest House (Mrs. Scott Malden) is recommended by Mrs. F. H. P. Samuelson for well-cooked luncheons and teas, with home-made cakes, etc.

J. Wood, Butcher, Steyning, makes delicious sausages. They are so excellent you should send for some.

A. E. Goocher, Baker, makes and bakes excellent farmhouse bread from Prewitt's stone-milled flour, also lardy cakes with fruit in them, and flead cakes to order.

At the Steyning Tea House you get excellent home-made cakes.

**UCKFIELD**

The Maiden's Head Hotel, is strongly recommended for its good cooking (excellent home-made cakes, tarts, etc.) distinctly above the average.

**WASHINGTON**

The Clematis Tea Gardens here are recommended by Mrs. F. H. P. Samuelson for very good home-made cakes.

**WEST TARRING  
AND SOMPTING**

Fig orchards.

**WINCHELSEA**

Miss Gordon Holmes wishes to recommend Petronilla's Plat here, where excellent Southdown lamb is obtainable, also really good blackberry and apple tart, a really well-cooked lunch for the modest price of 2s. plus really excellent black coffee.

**WORTHING**

A gentleman who stayed from February 1st to May 2nd in 1935, at the Beach Hotel, Worthing, says he "found the food excellent," and that he "is not in any way connected with

hotel or kindred industries," therefore he has no axe of his own to grind. And so say all of us.

A north country friend (Mrs. C. Bourne) writes: "My husband and I have just returned from eight days' holiday in Worthing. The hotel where we stayed is a private one, the address Mrs. Williams, Sandringham Hall Hotel, Wordsworth Road, Worthing; it is excellent in every way. The food was good and plentiful and well cooked. They have a vegetable and fruit garden, so we had plenty of fresh vegetables and good fruit puddings, tarts, etc.

Kingsway Hotel (Mr. and Mrs. A. Jones). "Excellent food and service, and most comfortable accommodation," writes "W. B. C."

Market gardening (glass-houses, etc.). Early grapes, tomatoes, cucumbers, strawberries, mushrooms, green figs.

In days gone by Sussex was particularly noted for Home-made Birch Wine.

## Kent

### **ARPINGE** (near Folkestone)

Arpinge is five miles from Folkestone and you cannot do better than stay at Mrs. Marshall's, Arpinge House. The food is first-rate, it is comfortable and quiet, has the beauty of old furniture, but modern beds, lighting and heating. In twenty minutes a bus will take you to the theatre, etc., but a car is kept. A visitor writes: "I went for a week and stayed five." It has recently been opened (1935).

### **BENENDEN**

both good.

The Sally Lunn Tearooms, and the Merrie Mead Tearooms are

**BIDDENDON**

Ye Ancient House Tearooms.  
Reproductions of the Biddendon

Maids' Cakes.

**BIRCHINGTON**

The Wayside Café.

**CANTERBURY**

There is good food at moderate  
charges to be had at the County

Hotel, Canterbury.

Bramley Seedlings are grown here and were first preserved  
in cold storage by Mr. Mount.

Genuine flead cakes can be obtained from Mr. Harman,  
12 St. Peter's Place, Canterbury.

For good oysters and lobsters go to H. S. Harrison, Oyster  
and Lobster Merchant, 6 Butchery Lane, Canterbury.

And for Canterbury Sausages, go to T. Wood & Son, 9  
Sun Street, Canterbury.

**CHISLEHURST**

The Tiger's Head Hotel here is  
recommended for its good cook-

ery by a man who saw Florence White's letter in *The Times*  
and knows what is good.

**CRANBROOK**

Gurnet pudding and Dame  
Skinner's cakes.

**DEAL**

Victoria House Hotel (Mrs.  
Claude Irving). Sea front.

**DOVER**

Lord Warden Hotel (A. F.  
McGee, Manager).

Sugar Loaf Tearooms. Light luncheons and teas, very good  
cakes, scones, and tea. Recommended by Miss Gordon  
Holmes.

The Brown House, recommended by Mr. E. G. Rowland.

**ELHAM**

cakes.

Edwards, Baker, Elham, makes top-hole huffkins and flead

**FOLKESTONE**

good food and cookery.

The Burlington Hotel, here, is strongly recommended for its

Mrs. H. M. Strong writes : " I found the Sutherland House Hotel, here, excellent. The food was of first-rate quality, most of it from the hotel's own farm, and everything was perfectly cooked and served in English ways. The proprietor does not know I am writing."

**KINGSWOOD COMMON**  
(Kent. London End)

meals at reasonable charges.

There is a small wayside bungalow here that has no name, but is very clean and supplies all

**LITTLESTONE**

The Dormy House. Mr. T. Rotherwell Haslam writes : " Have been here a month. The quality of the food and cooking are excellent. Can strongly recommend it. Preference is given to golfers and their wives, but others can reside here."

**LOOSE**

Kent pudding pies can be bought here.

**MAIDSTONE**

Kent pudding pies can be bought here.

The Belvedere Hotel, Rocky Hill Terrace, Maidstone, has been recommended to the E.F.C.A.

**MARKBEECH**  
(near Edenbridge)

I am told by a *Listener* reader that it would be difficult to surpass the food and service given by Mrs. Dann, Victoria House, Markbeech, near Edenbridge, Kent. This is not an hotel but a house for paying guests.

**ROCHESTER**

Don't miss the Gatehouse Tea Rooms, Rochester, the tea and cakes and jam are all good and nicely served. Rochester and its neighbourhood are famous for delicious green figs that ripen in the open air.

**SARRE (near  
Birchington)**

The Crown Inn, Proprietor, Colonel G. H. Gordon, R.A. (retired), is well known all over England as "The Cherry Brandy House." The proprietor of the inn in the middle of the last century used to make the famous cherry brandy from the old recipe and called it by his name Pay's Cherry Brandy. It is only sold here but is sent anywhere, 17s. 6d. per bottle, 9s. the half bottle, and 5s. the quarter bottle. The inn dates from 1500, and is very small, there are only one double room and one single to let. Terms, 7s. 6d. bed and breakfast.

Kent is not only famous for its Cherry Brandy, it was also noted in days gone by for its Cherry Ale, and Cherry Wine. A Sarre Cake is given with every glass of Pay's Cherry Brandy at the Crown Hotel.

**SEVENOAKS**

"If you have not included the Royal Oak Hotel here," writes a *Times* reader, "I can give it my warmest recommendation. The food is simply excellent, the very best quality, chosen by the proprietor himself from the best Sevenoaks shops, and well cooked. Everyone who comes here praises the food. I

consider we are given here English cooking at its very best, and the joints of beef are unique."

The Amherst Arms Hotel is recommended by a Captain in the Regular Army for its good cookery.

**SITTINGBOURNE**

Good food at moderate charges can be had at the Bull Inn.

**TENTERDEN**

There is a picturesque old house in Main Street, run as a tea shop, specially noted for its delicious macaroons. The house is called "The Tudor Rose," says Miss Johnston.

**TUNBRIDGE WELLS**

The Calverley Hotel. Here Queen Victoria stayed with her mother the Duchess of Kent, when she was a tiny girl of two or three. It was then a private mansion standing in its own grounds. The terraces and some of the grounds still belong to the hotel into which the mansion has been converted.

Romary & Co.'s biscuits made here carry on the tradition of Kent wafers for which the county is famous. Queen Victoria used to call them "My biscuits." They are the most delicate and delicious biscuits made. Luxury biscuits. Stick two together with jam, or jam and cream, in between and you have the Kent child's delight: A flirt, two biscuits kissing each other.

**WESTERHAM**

The Grasshopper Inn here is recommended for its good English cooking.

**WEST WICKHAM**

Both Morrell's Restaurant here, and the Wickham Court Hotel are recommended for enjoyable good cookery.

**WHITSTABLE**

Noted for oysters and huffkins.

## East Midland and Eastern Counties

THE most distinctive foodstuff of this part of England is, as might be expected, fish. The herrings of Yarmouth and the oysters of the Colne, the Crouch and Blackwater are world-famous as the finest examples of their own kind to be had anywhere. There are also large fruit-growing districts in the Eastern Counties, and from these come some of the most famous English preserves—we need only mention the Tiptree in Essex and the Chivers firms.

In the neighbourhood of Cambridge, at Wisbech, Histon and elsewhere, strawberries are particularly profuse and fine and in these parts there is a great amount of fruit preservation. Lobsters and crabs, mussels and cockles are to be had in great numbers at various places on the East Coast and in parts of Norfolk cockle soup is a famous delicacy.

In these counties, too, there are some of the finest shooting preserves in the kingdom and partridges and pheasants may be had at their very best. Wild duck, too, are shot in quantities at places on the coast or just inland.

J. B.

## Essex

### ALONG THE COAST

Samphire grows.

### BRENTWOOD, INGATE- STONE, CHELMSFORD

Daniel Defoe, author of *Robinson Crusoe*, made a tour of England early in the eighteenth century and says of these places: "Full of good Inns—chiefly

maintained by the excessive multitude of carriers and passengers which are constantly passing this way to London, with droves of cattle, provisions, and manufactures."

**BRIGHTLINGSEA**

Famed for its oysters.

**COLCHESTER**

The Red Lion is highly recommended by a *Radio Times*

reader.

Oysters (Estuary of the Colne). Candied eringo was formerly a Colchester delicacy. Its last maker was a Miss Thorn, an elderly maiden lady. The recipe for making it can be obtained by members from the English Folk Cookery Association.

**DUNMOW**

Noted for the prize given of a flitch of bacon to the married couple who have not quarrelled.

**ELSENHAM**

Noted for its jams.

**EPPING**

Has given its name to some special sausages, the recipe for which can be obtained from the English Folk Cookery Association.

**ESTUARIES OF THE  
BLACKWATER, CROUCH,  
AND ROACH**

Only second in importance for oysters to the estuary and creeks of the Colne.

**KELVEDON**

Wilkins & Sons started their famous Tiptree preserves with a small batch of strawberries.

**LEIGH-ON-SEA**

Famous for its shrimps.

**MERSEA**

West Mersea has excellent oysters of the summer or Spanish kind, eatable when there is no R in the month.

**ONGAR, EAST  
HEMINGFIELD, Etc.**

Essex formerly made good cheese both from ewes' milk and cows' milk. The former was given up in 1700 and the latter recently, but in 1931 there was a revival of cheesmaking both hard and soft.

**RAMSDEN BELLHOUSE**

Fruit-drying is carried on here.

**SAFFRON WALDON**

The Rose and Crown. Here William Shakespeare probably stayed in 1607 when he visited the town with his company of actors. (It is a Trust House and its story in *Tales of Old Inns* is intensely interesting.)

**SOUTHEND**

Efforts were made on January 19th, 1934, to establish an annual whitebait feast in Southend. The Southend Chamber of Trade, which has 1,200 members, wants to emulate the now famous Greenwich whitebait festivals. The Leigh-on-Sea fishing fleet made a special trip for whitebait yesterday and landed their catch only two hours before the Southend feast, which took place on the evening of January 19th. The Mayor and Mayoress of Southend, Mr. and Mrs. H. E. Frith, were among the guests, who numbered nearly 1,000. Southend Chamber of Trade believes it has a prior claim to the Thames Estuary Whitebait Festival because the only fishermen who go out daily for whitebait are the Leigh fishermen. The old tradition of whitebait dinners was revived for the Greenwich Night Pageant.

**TOLLESHUNT D'ARCY**

There were in this neighbourhood in 1931 800 Essex fruit farmers growing fruit for the famous Tiptree preserves.

## Suffolk

### ALDEBURGH

Famous for its sprats.

### BECCLIS

pike and jack.

Delicious butter. Bungay to the New Cut is noted ground for

### BURY ST. EDMUNDS

The Angel Hotel is strongly recommended.

### FELIXSTOWE

Felix Hotel (Mr. C. F. Murphy, Manager).

### FRITTON

Wild fowl and fish very plentiful here, the pike and eels being very large. Duck, mallard and teal in plenty. Besides pike and eels there are silver bream, roach, rudd and pope.

### HEPWORTH

Harvest sugar beer, mead, ale, elderberry wine are specialities.

### IPSWICH

Sweet-cured Suffolk hams. Obtainable at the Army & Navy Stores, 105 Victoria Street; C.S.S. Stores, 136 Queen Victoria Street; Fortnum & Masons, Piccadilly, London, etc.

There is a very good hotel here called the Crown and Anchor, which is recommended by Mr. F. C. Bell.

Almond pudding and malted charcoal biscuits are specialities.

At Oxborrows you can get perfect Indian curries, the owners having lived in India. Three hours' notice required. Recommended by Miss Gordon Holmes.

## SUFFOLK

165

### **LOWESTOFT**

Sea fishing port, chiefly soles, plaice, cod, herring and mackerel.

Famous for its oak-smoked kippers. King Kip Ltd., Lowestoft. No dyes or artificial colouring matter used.

### **MARKET WESTON**

Cream cakes, Mrs. Hill's rose cakes, frumenty, (frumety), Chit-terling turnover, Suffolk sweet-cured ham, Suffolk dumplings, harvest cake.

### **MELTON**

Noted for oysters.

### **OULTON BROAD**

Grey mullet, eels, wild duck, teal, widgeon and snipe.

### **SAXMUNDHAM**

F. Cook, Hill House, Saxmundham, sells very good sweet-cured Suffolk hams.

### **SOUTHWOLD**

Rabbits.

### **WOODBIDGE**

Noted for its asparagus.

## Norfolk

### **ATTLEBOROUGH**

Famous for turkeys.

### **AYLSHAM**

The mineral waters here were once famous as a relief or cure for asthma.

### **BRAYDEN, BURGH-END**

Smelts, bream.

**BRICKENHAM BROAD**

Bream, dace, roach, pike, and stone loach in still pools.

**BURNHAM MARKET**

Moorings Hotel, Burnham Market is recommended by Lady — for exceptionally good cookery.

**CARROW**

Mustard. J. & J. Colman; and several large breweries.

**COLDHAM HALL**

pike all plentiful.

The most famous of the Yare angling resorts. Bream, roach,

**CROMER**

The same gentleman who recommends the Maid's Head, Norwich, speaks very highly of the Southern Bungalow Hotel, Cromer.

Noted for its lobsters and crabs.

**GREAT YARMOUTH**

Fish port and market. The premier herring port in the United Kingdom. "Scotch fisher girls come south in ship-loads for the herring season," writes a reader of the 1935 GOOD FOOD REGISTER. Herrings sent all over the country and to the Continent. Bloaters grilled and eaten with mustard are a local delicacy. Lacon's ales are famous. Also specially good poultry and fruit in the district.

A famous place for sea angling. Plaice and flat fish of all kinds are taken from the Jetties, and by taking a boat good sport may be had. One form of sport is chop-sticking for mackerel, whiting and haddock. Eels and flounders are taken by laying long lines about one mile from the shore. From October to March good hauls of codling and cod are made by casting from the shore, or by laying long cod lines baited as for soles in summer. Mackerel and whiting may be caught from a boat.

**HEIGHAM BRIDGE**

pike.

A favourite spot, and Heigham Sound a favourite haunt for

**HORSEY MERE AND  
BANWELL'S REACH**

Plenty of pike and perch.

**HUNSTANTON**

ing House.

Miss F. C. Ball, Dunstable, Northgate, Hunstanton. Board-

**KING'S LYNN**

The Duke's Head (a Trust House). A friend writes: "My husband and I had dinner there this Whitsun and were very much struck with the excellence of the menu. I cannot remember each course, but do most certainly recollect the excellent tiny asparagus served with the roast duck—quite evidently that afternoon's gathering from the hotel or nearby garden, and also the general 'Englishness' of the whole meal, ending with really good cheese, no squares of soap in tinfoil, or imported synthetic horrors!"

**LYNN**

as good as oyster soup.

Noted for shrimps, mussels and cockles. Cockle soup is almost

**MARTHAM**

Here there is a rabbit warren on the coast.

**NORWICH**

The Maid's Head Hotel, Norwich, can be wholeheartedly recommended for really good enjoyable national cookery.

Has an inland fish market.

Lansdowne Hotel. Miss Ruth Killen writes: "Having seen your paragraph in *The Listener* asking readers to let you

know of any hotels in England, Ireland, and Scotland where they had found well-cooked food, I should like to let you know of an hotel in Norwich where I have just been staying (1935). I was there for three weeks and found the food excellent. It was of first-class quality, varied, ample and well cooked.

"I have stayed in a great many hotels both in England and abroad and I must say that I found both food and service in the Norwich hotel of which I am speaking equal to any hotel I have been in, and far above any hotel of the same class I have visited. I have not previously heard anything about the hotel, but went there by chance, intending to stop a few days—I remained three weeks, and I can truly say I enjoyed every meal.

"The hotel is Lansdowne Hotel, Park Road, Norwich. Proprietors, a mother and son, Mrs. and Mr. Harwood.

The Master, Great Hospital (young swans, cygnets supplied, also dressed for dinner). Write here for a swan if you want to try one roasted. It is very good, but ask for a young one.

### **OLD HUNSTANTON**

The Golf Links Hotel here serves delicious food, well cooked and chiefly of local production. (Mr. and Mrs. C. E. Gray.)

### **REEDHAM**

Hundreds of oxen; Norfolk beef and pork are the best in the country.

### **ROCKHAM BROAD**

Eels and pike.

### **STALHAM and Broad villages**

Noted for Norfolk Brawn, or Pork Cheese.

### **TONNAGE BRIDGE**

Innumerable geese reared, and game preserved in the neighbourhood, especially pheasants. An old pheasant is excellent boiled and served with celery sauce, or a roast pheasant with celery salad.

**WHITELEA POOL TO  
HICKLING BROAD**

Perch plentiful, also roach and rudd.

**WORSTEAD HALL LAKE**

Literally alive with fish, but private; once belonged to the Abbot of St. Benets-at-Holme, but is now private property. It is considered one of the finest nurseries for young fish.

**WROXHAM**

One of the best spots for angling.

## Lincolnshire

**AXHOLME, ISLE OF**

Famous for its vegetables, especially celery.

**BOSTON**

Amongst a number of local delicacies are "stuffed chine, parsley stuffing, haslets," writes Mr. Glover of Pevensey, at the same time sending recipes given by Miss Margaret Jux of Reversby near Boston. Don't leave Lincolnshire without tasting these good things. Boston is also noted for its smelts. Recipes will be found in *Good Things in England*.

Boston is famous for its good cooks and excellent cookery. The Fruit Bread, Wheaten Meal Scones, Oatmeal Scones and Christmas Plum Porridge, are delicious, not to mention its Stuffed Chine.

**CLEE**

Stuffed chine and saucer cheese-cakes are the special delicacies for Trinity Sunday, the Trinity Feast, or Week.

**GRANTHAM**

White Grantham gingerbread, and whetstone cakes. The George is noted for its really good cookery.

**GRIMSBY**

Gurnets, bream, etc., are plentiful. Stuffed haddock and fish pie are favourite dishes.

**LINCOLN**

comfort.

The White Hart, highly recommended for its cooking and

**MOSSBURY AND  
FRISKNEY**

Cranberries used to be abundant here. Cranberry Fen is near Friskney.

**SPALDING AND  
HOLBEACH**

Mustard grown for seed.

**STAMFORD**

The George Hotel is highly recommended. Room, 5s. 6d.

Lunch, 3s. 6d. Dinner, 5s. 6d.

All the meals I have had at Mrs. Lee-Bradshaw's Guest House, 42 St. Martin's, Stamford, have been "well planned, admirably served and perfectly prepared." The quality of the food has been first class.

A London resident writes: "You may like the address of J. E. Conington, St. George's Street, Stamford, Lincolnshire, for pork pies and haslet. We have had pies from this firm for twenty years and always found them excellent."

**RIVER WITHAM**

There is good trout fishing here.

**WOODHALL SPA**

The Honourable Mrs. — writes: "If you are not already in receipt of letters testifying to the excellence and efficiency of the private hotel at Woodhall Spa, the proprietress of which is Mrs. Hunter, may I have the privilege of saying that in her establishment and from her, herself, one meets with real hospitality in its truest sense.

" The food is absolutely first rate : English cookery prepared with the greatest art and care, ample choice and beautifully balanced menus ; I have never encountered such well-prepared food outside private houses, and rarely in them. The service is dead punctual, efficient, and the guests made to feel that their welfare is the sole consideration of the staff. There is no noise of any kind permitted in the house. To sum up, Mrs. Hunter is a real artist at her job. She can take about twenty guests. The address is Mrs. Hunter, Woodlands, Woodhall Spa, Lincolnshire."

**ON THE COAST**

Samphire grows in abundance in certain parts and is gathered for pickling. Also delicious cooked and served like asparagus.

**ON THE SALT MARSHES**

There are in the right season large numbers of knots (King Canute's favourite delicacy) and a few wild geese.

**ON THE SANDY MOORS  
OF THE NORTH**

Rabbits abound.

**ON THE WOLDS**

Large hares are plentiful.

**IN THE WITHAM**

There is good trout fishing.

**General**

" Stuck pie," pork pie, baked spiced beef, Lincolnshire brawn, spiced currant bread, funeral cakes, " Good King Henry," a herb that grows wild is a favourite vegetable resembling spinach.

## What is Real English Cookery?

By FLORENCE WHITE

It has been said—but wrongly—that there is no standard for English Cookery.

This is not true. Real English Cookery has a very high standard indeed, so high that whilst it is the most delicious cookery in the world, it is the most difficult, and in some respects the most expensive, because the best fresh foods must be used.

The distinctive mark of this high standard is simplicity. The aim of the cook is to prepare fresh food so that its own special flavour should be preserved and on no account must it be camouflaged. Fish, meat, poultry, game, vegetables must all be cooked (boiled, grilled or roasted) to a turn, if done too much they are spoiled.

Pastry must be made with plain flour, butter, and lard and water and no baking powder, pastry made with baking powder and self-raising flour may have some advantages but it is not the delicious pastry our great-grandmothers used to make that literally melted in one's mouth. I have taught many a young bride to make this good old-fashioned real English pastry, and she has always been able to make and bake it successfully even if she has previously failed with self-raising flour or plain flour to which baking powder has been added.

Cabbage and other green vegetables must be thrown into plenty of boiling, slightly salted, water, and be boiled rapidly with the lid off for 10 to 15 minutes according to age, not a minute longer, and on no account must any bicarbonate of soda be added to the water. If the leaves begin to sink or become discoloured it is a sign that the vegetable is overcooked. If cooked to a turn it will be a fresh green colour.

The water in which it is cooked should never be thrown away,

it is even without any addition as delicate as chicken broth and to drink a teacupful is very good for the complexion ; the rest of the cabbage water can be used to make gravy or soup.

Custards boiled or baked should be made with fresh eggs ; rice, sago, and tapioca pudding without eggs.

White bread should be made with the finest grade of stone-milled flour, a good brown loaf can be made with a medium stone-milled flour ; a 100 per cent. whole wheat stone-milled flour—the old-fashioned farmhouse wholemeal flour—can be made into an old-fashioned wholemeal loaf.

Solid Syllabubs are made by whisking together fruit juice and wine, sweetened, with double the quantity of cream, they must not be stiffened with gelatine, it is the beating put into them that makes them reach the desired standard.

Then there is the correct way of making junket, stone cream, and curd cheese-cakes. Also what E. V. Lucas calls "England's right way with green peas."

There is our splendid game cookery with the various trimmings ; a roast pheasant with Celery Salad and English Salad Sauce ; a boiled pheasant with celery sauce. The correct way of making Lancashire Hot Pot with oysters and serving it with home-made pickled red cabbage. The stuffing of grouse with red whortleberries. The jugging of hare and serving with red currant jelly. The making and frying of sausages. The frying of fish in which our girls and women who live on the coast excel.

There isn't a single cookery process in which England has not some dish which has its own high standard. Take Yorkshire Pudding or Sussex bolster pudding as examples, because both are sometimes badly made is no proof that there is not a very high standard to which they should reach. It only means that we have neglected our heritage.

Englishwomen are very good cooks, and there is a lot of latent inherited talent in English girls that only wants bringing out.

There is an art in making bread sauce even if it is not always acquired and practised. It is true some of the best English dishes require cream and eggs, but then to use these is good for farmers and good farming leads to work for many and this increases trade, and surely it is better to spend money in buying eggs and cream than in paying unemployment subsidies, and high taxes.

By all means make your pastry with self-raising flour or baking powder, steam your cabbage, make custards without eggs, and Yorkshire puddings that are flat slabs of batter if it pleases you, but don't pretend that this is real English cookery because it isn't.

There is a right and a wrong way of preparing every English dish, cake or other delicacy. The right way results in a very perfect cake, or other preparation, although the ingredients and flavouring or seasoning used may be very varied. In the golden days of English cookery the 50's and 60's of the nineteenth century when there was plenty of fresh unadulterated food, and "substitutes" had not seized the market, every mistress of a household had her own treasured inherited recipes handed down from mother to daughter for generations. These she guarded jealously. They all reached the same standard of perfection but not of sameness.

George Eliot describes the cookery of the Midlands in several of her novels. In *The Mill on the Floss* we read :

"It was Easter week, and Mrs. Tulliver's cheesecakes were more exquisitely light than usual—'a puff of wind 'ud make 'em blow about like feathers,' Kezia, the housemaid, said, feeling proud to live under a mistress who could make such pastry ; so that no time or circumstances could have been more propitious for a family party, even if it had not been advisable to consult Sister Glegg and Sister Pullet about Tom's going to school. . . .

"On Wednesday, the day before the aunts and uncles were coming, there were such various and suggestive scents, as of

plum cakes in the oven, and jellies in the hot state, mingled with the aroma of gravy that it was impossible to feel altogether gloomy; there was hope in the air. Tom and Maggie made several inroads into the kitchen and like other marauders, were induced to keep aloof for a time only by being allowed to carry away a sufficient load of booty." . . .

"There were particular ways of doing everything in that family—particular ways of bleaching the linen, of making the cowslip wine, curing the hams and keeping the bottled gooseberries, so that no daughter of that house could be indifferent to the privilege of having been born a Dodson rather than a Gibson or Watson. . . . A female Dodson when in 'strange houses' always ate dry bread with her tea, and declined any sort of preserves having no confidence in the butter, and thinking the preserves had possibly begun to ferment from want of due sugar and boiling."

No! don't tell me English women can't cook and that as a nation we have no standard of cookery. Those who say these things do so only out of jealousy, ignorance or malice.

Englishwomen, those still in the Old Country, and those overseas, including our American cousins, are the best cooks in the world, bar none.

"Shoot if you must, this old grey head  
But spare your country's flag," she said.

As Mr. P. Morton Shand writes in *A Book of Food*: "The cookery of a nation is just as much part of its customs and traditions as are its laws and language," and Mr. Joseph Pulitzer in *The Caterer* in 1929 described ours as "clean, tasty English cookery, the fruits of a thousand years of civilisation."

## Trust Houses

It is impossible to mention *all* the Trust Houses ; visitors to England should call at or write to : Trust Houses Ltd., Shorts Gardens, London, W.C.2, and get their list of Inns ; also their *Tales of Old Inns*, price 2s., post free.

Miss Gordon Holmes, who toured Britain last year and has sent us so many addresses of good inns where good food and cooking are served, writes : " I have tried many [Trust Houses] nearly always very good, plenty of hot water, hot food, good fires. Some exceptionally good ones are at King's Lynn, Barmouth (Wales), Shrewsbury, Aldeburgh in Suffolk, The Lion, Buckden (very good), Hunts, Monmouth, Peebles in Scotland."

Here is a list of some Special British Dishes served from time to time in various Trust Houses :

Woodcock Pie. Blanket of Veal or Chicken. Grantham Pie (hand-raised pork pie with special ingredients). Pork fillet fried. Lancashire Hot Pot. Devilled Bones. Skuets of lamb or Chicken Liver. Breast of veal with calves' brains stuffing. Veal olives. Pigeon and rump steak mould. Baked salmon. Turbot stuffed and baked. Boiled fowl with cream sauce. Hunters' broth. Shrimp Cream. Cornish Sausages. Treacle and Oatcakes. Junket and Scalded (otherwise called Clotted Devonshire) Cream. Syllabubs. Maids of Honour. Whortleberry Pie. Dorset Apple Cake. Devonshire Potato Cake. Pears baked in Claret. Welsh Apple Pie, etc.

# Notes











## Wales

WALES appears to be less distinguished by original dishes than other parts of Great Britain. Nevertheless, there is plenty of good food throughout the country. The mutton is, of course, famous, and there is plenty of vegetable produce, which includes in abundance the national emblem, the leek. The many lakes and streams, particularly in North Wales, supply trout of the most exquisite quality. Fruit pies are a favourite dish, which is met frequently in Wales at its very best, and in some parts the cured hams and tongues are not to be surpassed.

J. B.

I don't agree with the statement that "Wales is less distinguished by original dishes than other parts of Great Britain." The trouble, I think, is that we don't know them.

F. W.

### ANGLESEY

A lady writes: "We are just back from a holiday in North Wales. One hotel stands out from every other for its cooking and its beds, and the good taste of all its rooms, combined with comfort and cleanliness. It is the Wern-y-Wylan, Llandouna, and, at the time of writing, has only been opened fifteen months. It is in quite unspoilt country near a wonderful sandy bay, and yet there is hot and cold water in every room, also central heating and electric light. The meals are most exquisitely served, and we had great variety—one day golden plovers. I doubt if there is any cooking to touch it in North Wales; men are quickly finding this out! The hotel only takes ten or twelve visitors."

A London lady writes: "Will you add the tiny but charming and very new hotel, of which I enclose an illustration, to

your GOOD FOOD REGISTER? It is called Wern-y-Wylan and is easily reached by car from Bangor or Beaumaris. My brother, a friend and myself stayed there for nearly three weeks in August 1934 and loved it. I am afraid I cannot remember any specially 'National' dishes but everything we had to eat was nicely cooked and most daintily served and the whole atmosphere of the place was peculiarly delightful. We were not there this summer, 1935, but I have heard from a friend who was that the cooking was even better than the year before. If you care to ask me any questions about the Wern-y-Wylan I will gladly answer them but I think on the whole I should prefer not to have my name published."

A lady writes: "I understand that you are interested in hearing about hotels recommended by private persons, so it may be of interest to you if I write to give my experience recently. I stayed for a week here (in the summer of 1935) at a small hotel called Wern-y-Wylan, a non-licensed house. The charge was five guineas a week, and no extras. It was most comfortable, though it only has seven or eight bedrooms. It stands in a beautiful position overlooking Red Wharf Bay amidst lovely surroundings, delicious air soft yet not enervating. It lies about eight miles from Menai Bridge; station Bangor and its postal address is Wern-y-Wylan, Llanddona, Anglesey.

### General

My Maidenhead correspondent sends us "a good story." She says: "A Welshman told me the following tale: Heaven was so full of Welsh people, that an ingenious fellow went up to outside the door and called out 'Welsh Rabbits,' whereupon so many of the Welsh within ran out that there was room for the queue outside to enter."

## Brecknockshire

### **LLANWRTYD WELLS** (Central Wales)

The Abernant Lake Hotel, Llanwrtyd Wells, is a large hotel, very well run, good food and comfortable. Good trout fishing.

### **BUILTH WELLS**

Here you should stay or lunch at the Lion Hotel.

## Cardiganshire

### **CARDIGAN**

"One positively sighs," writes a reader of Florence White's letter in *The Listener*, "for a return to the Welsh pies (fruit) and fat bacon, and mackerel (caught in the bay) cooked by Mrs. Tom Jones at the Rentre Arms, Llangranog, Cardigan."

## Carnarvonshire

### **BANGOR (Menai Straits)**

Castle Hotel, famous since 1691 for all British fare.

### **BEDDGELERT**

This is perhaps the most delightful village in Wales, it is 16½ miles from Carnarvon at the confluence of two mountain streams. The Royal Goat, near the railway station, is highly recommended. Room and breakfast, 9s. 6d.

### **CAPEL CURIG**

Mr. E. G. Rowland writes: "Having slept in every county in England, I have a fair knowledge of its hotels. Unluckily,

I am not a gourmet, and the hotels I mention linger in my memory mainly because of the meals I enjoyed apart from their substance. I cannot therefore always specify the particular dishes. Wishing you success in your efforts since there is ample room for improvement in hotel cookery in this land.

"Is it possible to institute some system of awards for different aspects of hotel keeping ; so that you could visit a Gold Medalist for cookery, comfort or all-round excellence, etc. ?" Mr. Rowland then gives a list of nine hotels (where he has eaten well and been comfortable) which he says is not exhaustive, and compiled a little hastily. He begins with Penygwyd Hotel, Capel Curig. (Good all round.)

A visitor who stayed at Cobden's hotel here in 1934 recommends it very highly.

#### **CRICCIETH**

The George Hotel, recommended by Mr. Rowland.

## **Denbighshire**

#### **CHIRK (near Wrexham)**

The Hand Hotel here is recommended for its good catering.

#### **COLWYN BAY**

The Metropole Hotel at Colwyn Bay is recommended for excellent food, well cooked and in great variety. The hotel was perfectly run and spotlessly clean in 1934, and probably is so now. Can anyone testify to this ?

#### **LLANGOLLEN**

On the banks of the Dee surrounded by wooded hills. A *Times* reader writes : " After a fortnight's motor tour in the West and North the only nice ones out of the nine I stayed in were the Hand, at Llangollen, very comfortable, and the Old England at Windermere, where the food was really good."

**RUTHIN**

A British West Africa resident, a retired captain, writes: "I would like to recommend on the ground of excellent simple cooking the inn where my wife and I have been staying for the last three weeks (September 15th, 1935): The Farmers' Inn, Ruthin. The cooking of meats, vegetables, pastry and cakes was especially good. Much of the produce comes from a local farm."

**WREXHAM**

Mrs. Mayhew Jones, Aberhiriaeth, supplies the real good old-fashioned, well-hung, sweet-cured, Aberhiriaeth tongues and hams. The late King Manuel of Portugal said that he found the ham delicious, indeed quite different in taste and flavour from any other kind of ham that you get in London. Another customer writes of both hams and tongues "unlike anything we have ever tasted, simply perfect."

## Merioneth

**ABERDOVEY**

A party of friends spent a delightful holiday this year at the Penhelig Arms Hotel, Aberdovey (kept by Capt. and Mrs. S. Whittaker), and one of them as spokesman for the others writes enthusiastically of the cookery which they all agreed was the best they have met with outside London, and the perfect way in which the hotel was run by a delightful host and his wife.

**BALA**

"I should like to recommend the Plas Coch Hotel, at Bala," writes a reader of my letter in *The Times*. "We stayed there a week in August, and the meals were always excellent—good soup, fresh Dee salmon, Welsh mutton, apple pie and cream, etc."

**PORTMEIRON**

Here a few miles from Portmadoc, belonging to the famous architect, Mr. Clough Williams Ellis, is: "A unique hotel and village country house settlement and creation. Deliberately built as an Italian village. Exceptionally good cooking, pickled peaches, etc. It is impossible to describe it in three or four lines. You must write to the Secretary, Portmeiron, Penrhyndeudraeth, North Wales, for the fascinating little book, *Portmeiron Explained*, price 1s. 6d. I have just received a copy from Lady Allen, wife of Sir Hugh Allen, Director of the Royal College of Music; she is a Portmeiron enthusiast."

**TOWYN**

Corbett Arms, serves delicious food, well cooked and chiefly of local production.

## Monmouthshire

**MONMOUTH**

"Kate's Teashop on the right hand side of Church Street going down from Agincourt Square, where even the bread is home-made, as well as the jam and cakes, and where they brew China tea with freshly boiling water and set their brown scones and yellow soda cakes before each customer with huge fat pats of such butter as is not known outside Wales (Monmouth for alimentary purposes is Welsh enough to be strong on home-baked bread and fresh butter)."—From *A Pilgrim from Paddington* by Naomi Royde-Smith.

## Montgomeryshire

**CAERSWS (near Newtown)**

"Having just returned from a holiday I can willingly add a name to your third edition, where we had excellent cooking and attention, and good beds

at most reasonable charge; we really started out to stay at a different place each night, but made the Unicorn our headquarters, knowing we should not improve our food, etc. The address is Mrs. Bowen, The Unicorn, Caersws, near Newtown, Montgomeryshire."

## Pembrokeshire

### TENBY

Imperial Hotel, noted as one of the most comfortable hotels in Wales. Exceptionally good food and cooking.

## Radnorshire

### LLANDRINDOD WELLS

A Hereford lady writes: "I can thoroughly recommend a private hotel where we often stay. The food is consistently good, beautifully cooked and daintily served. There is no attempt at anything elaborate but it is all most satisfactory. Everything is done to make visitors thoroughly comfortable. The address is Brampton Private Hotel, Llandrindod Wells, and the proprietress is Mrs. Thomas."

The Pump House Hotel is also recommended.

The Manor House Hotel, conducted by Mrs. Harper, 1935. "This is," writes Mr. George Baker (in 1935), "one of the best I know. I only found it by chance last year and went again this year. Why so few people visit this spot I can't make out, for the air is like champagne and I wish I knew of such another place. You are quite at liberty to use my name, in fact I should like you to do so."

A Medical Officer of Health writes as follows: "We would

wish to recommend the Gwalia Hotel, Llandrindod Wells, as the place at which we have found a variety of good British food perfectly cooked. We have just returned from a week-end there and have been for a week in April, and once or twice for a night or two, since we spent five weeks in February-March last year while I was convalescing after a severe accident. Previously I had been for a night twice or thrice annually for several years.

" This is an unlicensed hotel, about 100 beds, but I have found no trouble in getting wines, providing of course that they are not expected to be produced—procured—outside hours. The clientele is mainly Welsh and English people from the Midlands. Comfort and warmth are always to be had and it is most remarkable how many of the visitors return again and again, sometimes many times a year.

" There is a personal kindliness in the management that *grows* on one. I think we can be said to have some critical sense of the quality of food and cooking, especially as my wife knows and appreciates family (as well as hotel) feeding in many countries of Europe, particularly Sweden. What has struck us is just what you have been emphasising, the British food and British cooking and the high quality of both. In April we had the most perfect turkey and most perfectly cooked that we have ever tasted." The writer adds that he is " a Scotchman with an English wife."

## **RHAYADER**

You will find good service and food and very moderate charges at the Claremont, East St. Rhayader. A visitor says he found the accommodation " perfect."

# Notes









1. *Journal of the American Statistical Association*, 82 (1987), 1009-1011.

2. *Journal of the American Statistical Association*, 82 (1987), 1012-1013.

3. *Journal of the American Statistical Association*, 82 (1987), 1014-1015.

4. *Journal of the American Statistical Association*, 82 (1987), 1016-1017.

5. *Journal of the American Statistical Association*, 82 (1987), 1018-1019.

6. *Journal of the American Statistical Association*, 82 (1987), 1020-1021.

7. *Journal of the American Statistical Association*, 82 (1987), 1022-1023.

8. *Journal of the American Statistical Association*, 82 (1987), 1024-1025.

9. *Journal of the American Statistical Association*, 82 (1987), 1026-1027.

10. *Journal of the American Statistical Association*, 82 (1987), 1028-1029.

11. *Journal of the American Statistical Association*, 82 (1987), 1030-1031.

12. *Journal of the American Statistical Association*, 82 (1987), 1032-1033.

13. *Journal of the American Statistical Association*, 82 (1987), 1034-1035.

14. *Journal of the American Statistical Association*, 82 (1987), 1036-1037.

15. *Journal of the American Statistical Association*, 82 (1987), 1038-1039.

16. *Journal of the American Statistical Association*, 82 (1987), 1040-1041.

17. *Journal of the American Statistical Association*, 82 (1987), 1042-1043.

18. *Journal of the American Statistical Association*, 82 (1987), 1044-1045.

19. *Journal of the American Statistical Association*, 82 (1987), 1046-1047.

20. *Journal of the American Statistical Association*, 82 (1987), 1048-1049.

21. *Journal of the American Statistical Association*, 82 (1987), 1050-1051.

22. *Journal of the American Statistical Association*, 82 (1987), 1052-1053.

23. *Journal of the American Statistical Association*, 82 (1987), 1054-1055.

24. *Journal of the American Statistical Association*, 82 (1987), 1056-1057.

25. *Journal of the American Statistical Association*, 82 (1987), 1058-1059.

## Isle of Man

### PEEL (Isle of Man)

" For a good midday lunch at a reasonable rate," writes a *Radio Times* reader, " I can recommend the George Hotel, Peel, Isle of Man."

The Isle of Man is famous for its Kippers, mountain bred lamb, Manx beer is exceptionally good, recommended hotels are Fort Anne, Douglas, and Mitre, Ramsey.

### SPALDRICK, PORT ERIN

A lady writes in reply to Florence White's letter in *The Times* on September 7th: " I go about to hotels because I let my own house nearly two years ago, and I find even in expensive hotels that food is frequently very tasteless, giving one the impression that it is of second-class quality, or foreign, or kept on ice for some time! The absence of really good, home-like food is what one misses considerably when without one's own house.

" The Waverley, where I am staying for two weeks, is a boarding house kept by a young couple, Mr. and Mrs. Egerton Crajean. It overlooks Port Erin Bay. The food is of the best quality that can be bought and Mr. and Mrs. Crajean cook it themselves (relegating other work to their servants). Nowhere out of my own house have I found such excellent and nourishing meals. Everyone I have spoken to about the food agrees with me. I have paid high prices in hotels where I have not had food to compare in any way with what is provided in this boarding house."

## Scotland

THE food in Scotland is generally speaking distinguished by its simplicity and its good quality. You do not meet elaborate meals but you meet sufficiency, limited variety, but excellent quality. Porridge, scones, haggis and whiskey are four articles of diet which one would pick out as being better and more often produced in Scotland than anywhere else.

Then, of course, at certain times of the year the lochs and rivers supply salmon which is hardly to be rivalled elsewhere. Cakes, especially those made from oatmeal, are a form of food which you meet at its best almost everywhere in Scotland.  
J. B.

## Aberdeenshire

### **BRAEMAR**

The Invercauld Arms Hotel is very satisfactory in every respect.

### **DINNET**

A reader of *The Times* writes :  
" I have lately (in 1935) been staying in Propert's Hotel, and consider the food excellent, well cooked and great variety at all meals, also special Scotch dishes."

### **FYVIE**

A *Listener* reader tells me that specially good oatcakes are provided at the Club, Fyvie. This is a place (a sort of inn) where one can have meals, etc. The other cooking is very good, too, with the present (1935) caretakers, Mr. and Mrs. Lowe.

## Angus

### **HILLSIDE** (near **Montrose)**

A visitor who stayed here last July, says: "I have no hesitation in recommending the Hillside Hotel, Hillside, near Montrose, as one where good cooking can be obtained, also good service." And this is a canny Scot's experience.

## Argyll

### **BALLACHULISH**

The Ballachulish Hotel is recommended by Lady —, Canada.

### **CAIRNDON**

(Head of Loch Fyne), very good simple cookery. Recommended by Miss E. H. Herbert.

### **CAMPBELTOWN**

There is no prettier scenery in Scotland than may be seen by a sail down the Clyde via Kilbrann Sound to Campbeltown. Thousands of people make the trip each year, and I am told that there is no hotel anywhere more comfortable in every way and more up-to-date than the Royal Hotel, Campbeltown. The proprietor's name is Johnson.

### **KINLOCHLEVEN**

The Tartan Hotel here is excellent.

### **OBAN**

Robison's Hotel, Esplanade, Oban. Major C. H. Bingham of "Breden," Redhill Heights, Bournemouth, has much pleasure in strongly recommending this hotel for good wholesome

well-cooked food. The food furnished at this hotel "stood out" in a class by itself during a fortnight's tour of Scotland in June 1934.

### **TAYNUILT**

A lady who does not want her name given writes: "I would like to recommend a delightful inn, the Taychreggan Hotel, Kilchrenan, via Taynuilt, where excellent cooking is obtained, including the best Scotch dishes: porridge, collops, etc."

## **Berwickshire**

### **DUNS**

A friend writes: "May I give you the address of a quite small hotel in Scotland where some friends and I stayed for some three weeks in August. It is comfortably furnished, no attention is grudged and the food can be recommended for quality, quantity and variety. Not perennial roast lamb, stewed prunes and rice, but without being elaborate, first-class, simple and varied fare, such things as *soufflés* being always beautifully light.

"To anyone who likes peace, good air, beautiful scenery and attractive cooking, I commend the place heartily. It is not licensed for the sale of alcoholic drinks but they can be obtained at the nearest town, Duns. The address is Mrs. Gibson, St. Agnes Hospice, Cranshawe, Duns, Berwickshire. It is in the Lammermuir Hills, on the Duns-Haddington road, about ten miles from Duns; the terms are four guineas a week."

### **LANDES**

The Corfraenill Hotel near Landes is particularly recommended for its Scotch scones. These are a feature of the tea served there and they are excellent.

**LAUDER**

The Lauderdale Hotel is highly recommended. The charges are exceedingly moderate and the cooking, peculiar to Scotland, is excellent. The soups are especially fine. A large variety of scones, oatcakes, fancy cakes, excellent pastries and puddings are served ; all well made and appetising. In fact I cannot speak too highly of all the good things at the Lauderdale.

## Dumbartonshire

**LOCH LOMOND**

Tarbet Hotel. Beautiful solitary situation on the loch. Very good food. Excellent breakfast with varieties of fruit. Recommended by Miss Gordon Holmes.

## East Lothian

**DUNBAR**

A *Listener* reader writes : " We stayed at the Battleblent Private Hotel this summer—our second visit—and found the cooking excellent."

## Fifeshire

**ST. ANDREWS**

Rusack's Marine Hotel here is highly recommended for good, simple, well-cooked Scottish food. It can be most highly recommended.

## Inverness

### AVIEMORE

A Scottish inn that has been repeatedly recommended during the last two or three years for cooking and comfort and reasonable charges is the Lynwyll Hotel, Loch Alvis, Aviemore.

The Aviemore Hotel here lays itself out to be Highland and the piper plays the bagpipes as you are dressing for dinner.

### INVERMORISTON

A captain in "The King's Navee" highly recommends the Cluany Inn, Cluany, Invermoriston, Inverness.

### GLEN MORISTON

For really good food there is no better place than the Clunie Inn, Glen Moriston.

### KIRK HILL

Mrs. Bruce, whose husband farms Achagairn Farm, Kirkhill, is a trained cook, who takes in paying guests. One of these writes to me: "I don't think food ever tasted better than it does here. It might not suit a sophisticated palate, but that kind is best to stay in the big caravanserais, which are the same all the world over. Chicken Soup and Barley Porridge are two of the specialities here, and there is honey from the hives by the window, and Kirk and market are all nearby. I risked coming in winter in answer to an advertisement to be quiet after losing my husband and I love the place with its views of the Beanby and Dornoch Firths. There is a good bathroom and two rooms with running water and it would be ideal for a party of six to eight friends."

### SPEAN BRIDGE

Mrs. Bailey writes: "We found the food and cookery *excellent* at the Spean Bridge Hotel, Spean Bridge, Inverness, during a tour of Scotland this summer (1935)."

## Kincardineshire

**BANCHORY** (Eighteen miles from Aberdeen, Deeside)

A gentleman who travels about a good deal in England, Scotland and Wales, recommends most strongly the Tor-Na-Coille

Hotel for good food, well cooked and carefully supervised ; this hotel is distinctly above the average.

## Kirkcudbrightshire

**CREETOWN**

" Just outside Creetown," writes Miss Johnston for Miss Gordon

Holmes, " we found Biddy Caine's cottage, where she makes clove balls and toffee, which are unusually good."

**ROCKCLIFFE**

A very kind Cumberland correspondent writes : " I enjoy your book, *Good Things in England*, daily. So many English people I know grumble at English cooks, and yet when they come home from abroad they say, ' Thank goodness for a good English meal, after all those French messes.' You will find good British food at the Barons Craig Hotel, Rockcliffe. Also at many farms in Cumberland where they let rooms and feed you excellently. Where the foreigner beats us is in giving an excellent meal for a very low sum. We can cook, but we charge for it."

## Lanarkshire

**ABINGTON**

At the hotel here the oatcakes and fresh baked rolls are a treat.

**GLASGOW**

On a Sunday when all Scotch restaurants seem closed, the North British Station Hotel gave us an excellent lunch *à la carte* and *table d'hôte*.

The St. Enoch's Station Hotel gives more typically Scotch fare than the Central, and a restaurant called "Danny Brown's" in Glasgow serves really good food as good as you can get anywhere—Scotch "High Teas," etc.

## Midlothian

**MIDLOTHIAN**

Noted in days gone by for its Syrup of Clove July flowers, i.e. the old-fashioned strong-scented carnations.

**EDINBURGH**

Mackenzie-Robinson's Private Hotel, 41 Drumsheugh Gardens, Edinburgh, is very highly recommended as *very* good and charges reasonable.

You must lunch one day at Jenner's in Princes Street, then have tea at Mackie's; and next day have lunch at Mackie's and tea at Macvittie's. It is a case of "How happy could I be with either were t'other dear charmer away!"

The Manor Private Hotel, close to the Cathedral, Princes Street (Tel. 228191), is highly recommended by a retired English vicar and his wife. (£3 13s. 6d. per week each person.)

The Park Hotel, Royal Terrace, Edinburgh, is also recommended by Miss E. H. Herbert.

**General**

"Selkirk Bannock" (writes a correspondent who sends seven pages of small local food details) "is known South of the Border as a Scotch Bun; Shortbread of course is national;

Dundee Marmalade calls to mind the Keiller fortune which is said to have been founded on a borrowed half-crown and a misunderstood cargo of Seville oranges ; Baps are a Scotch delicacy, a sort of soft crusted bread (resembling Hawkeshead Whigs and Kent Huff Kriss—F. W.) ; Scotch bakers provide small mutton pies at the week-end ; Newhaven near Edinburgh is famous for its fish dinners ; Cock-a-leekie is a very good soup made with chicken and leeks ; dropped scones or drop scones are a Scottish product ; in London they are sold under the name of Scotch pancakes ; visitors to Edinburgh must of course buy Ferguson's Edinburgh Rock."

## Perthshire

### **ABERFELDY**

for its good cooking.

The Fortingal Hotel, Fortingal, near Aberfeldy, Perth, is noted

## Selkirkshire

### **SELKIRK**

Selkirk.

Excellently cooked food can be had at Broadmeadows House,

## Sutherland

### **DORNOCH**

The cooking at the Sutherland Arms is excellent and they make use of the typical Scottish dishes, broth, very good mutton and lamb and sheep's head, oatcakes, honey, excellent fish,

kippers and finnan's and so on. An Edinburgh lady writes : " We spent a fortnight there in June 1935 and took an English friend, who did not know Scotland, again in September. She was highly delighted. I am interested in your scheme and would like a copy of your book. I like cooking and have many good old family recipes."

## Wigtown

### GALLOWAY

A *Times* reader writes : " When on a Scottish tour in the spring of 1935 we stayed a night and a day at the Burns' Monument Inn, Galloway (The Brig o' Doon Inn) and found its cooking splendid, superior to the usual run."

### PORT PATRICK

St. Patrick's Hotel. Principal feature : beautiful Ayrshire bacon at breakfast. Recommended by Miss Gordon Holmes.

## Isle of Skye

### PORTREE

The Pier Hotel, Portree, Isle of Skye, is highly recommended. A visitor writes : " I have spent a very enjoyable holiday there. The catering and accommodation are all that can be desired and the charges are moderate."

# Notes











## Ireland

TOURING Ireland you will find the food excellent in all the smaller hotels, the inns and the cafés. The luxury hotels, of which there are many in Killarney especially, supply comfort, but not such good or characteristic food. In the smaller establishments you find Irish butter, bacon, meat, milk and potatoes such as are rarely grown or cooked as well anywhere else. Hotels carrying the A.A. sign are to be trusted.

Vickery's Hotel, Bantry, a good centre from which to see Killarney, provides first-rate food and has character and charm. Eccles Hotel, Glengariff, is another capital establishment. Lydon's Café, in the City of Galway, gives fine Irish meals at 1s. 8d. a head, and on the east coast, Greenore Railway Hotel, Greenore, on Curlingford Loch, is a capital hotel at reasonable prices.

J. B.

## County Wick

### GLENDALOUGH

" Here at the Royal really excellent ' barn brack ' (Irish for bun-loaf or currant bread, but much more fruity) about the best I've had."

## Mayo

### ACHILL ISLAND, KEEL

" The next good hotel we found was the Amethyst at Keel. It was really enchanting and the scenery most beautiful. The Amethyst is a simple hotel where they do not serve dinner at

night, but the cooking is very good. We got lovely fresh wholemeal soda bread and also potato cakes, cold meat and stuffed tomatoes.

" We were there only for supper and breakfast, but we were delighted with the atmosphere of the hotel. The proprietress was a great character who looked after one personally. There were two large high dining rooms with huge turf fires burning (and they were necessary on that misty August evening). The walls were whitewashed and it looked almost Bavarian with painted furniture and green cuckoo clocks."

## Co. Limerick

### ADARE

" The Dunraven Arms here is a lovely hotel in a lovely village. The rooms are very nice indeed and we had an excellent dinner."

## Co. Kerry

### GLENBEIGH

Is ideal for fishing. The hotel there, owned by Mrs. Ida Fitzgerald, has excellent sport on the Caragh River, reserved exclusively for hotel guests. There can be caught, from February to April, spring salmon (averaging 10 to 14 lb.) ; grilse in June and July ; sea trout from end of April. There is also an abundance of trout fishing, not only in the waters reserved for hotel guests but in several free stretches in the vicinity. There are also 1,000 acres of rough shooting : grouse, snipe, woodcock, plover, ducks and wild geese ; with good bathing, three miles of golden strand with hard and gently sloping beach. A visitor in 1935 writes : " We had a wonderful time and enjoyed it all."

**PARKNASILLA**

first class."

" We also went to the hotel here. It is very popular and

**WATERVILLE**

The Butler Arms, Waterville. Highly recommended for good food and cooking, by the Rev. Canon Thomas Houghton, Chaplain at Pau.

## County Down

**BALLYNAHINCH**

Spa Hotel and Hydro. A lady writes: " In reply to your letter in the *Radio Times* of September 13th, and having just returned from motoring in Northern Ireland, I write to say how glad I am to have this opportunity of bringing to the notice of tourists and others a small and very charming hotel where I stayed in County Down, fifteen miles from Belfast and the same distance from Newcastle and the Mountains of Mourne, which run down to the sea. The food is of the very best quality, all country produce, and a special diet can always be provided without extra charge.

" There is a delightful road house in the hotel grounds where wonderful teas can be had, and ' supper dances ' every Saturday. The B.B.C. has been broadcasting from the road house every Saturday lately, at 10.40 p.m. Some visitors left the hotel whilst I was there saying they had ' found perfection in the midst of imperfection ' (not flattering to the other hotels which they had visited!).

" I quite endorsed their opinion and am sure anyone wishing a quiet and lovely spot in which to spend a few weeks could not be disappointed in the Spa Hotel and Hydro, Ballynahinch, Co. Down. There are also hot sulphur baths to be had there for rheumatism, and sulphur and iron springs in the grounds."

## Donegal

### BUNDORAN

" Here we found an excellent and clean hotel, the Hamilton. It was unpretentious, very clean and the food was excellent. We had a very good dinner and the menu for breakfast was amazing. Two or three kinds of stewed fruit with cream, porridge of several kinds, and as well as Limerick bacon there were actually chops! The management were most obliging and anxious to please. We found this all over Ireland and we had *not* been led to expect it."

## Dublin

### DUBLIN

" We had a marvellous dinner for 4s. at the Shelbourne before we got on the boat to come home. I can really say the food is better in Ireland than over here in the same type of hotels," writes this Yorkshire woman. " Of course we were lucky as we had them recommended to us beforehand."

Miss Leech says : " The only hotel in Dublin I can recommend from personal knowledge is a small private one, the Parkside Hotel, North Circular Road. Of the cooking, and food and attention to guests here I can speak very well."

## Antrim

### PORTRUSH

The Northern Counties Hotel here is very good. They have a beautiful indoor swimming bath.

## Connemara

### RENVYLE

"We then," continued the Yorkshire lady who made such a delightful tour in Ireland, "went to another excellent hotel, the Renvyle House Hotel. Perhaps you have heard of it as it is so good, and in such a beautiful and lonely place. The coast there (just above Slyne Head) is the loveliest part of Ireland, so we thought. The hotel is owned by Dr. Gogarty, and I am told Augustus John goes there every year. He has painted a large panel on the staircase. The rooms are all most artistically decorated. The food is excellent. We got lovely lobster, and delicious soda scones hot for breakfast."

## Cork

### GLENGARIFF

Go to Roche's Hotel if you want excellent food.

The Golf Links Hotel is highly recommended. A visitor who stayed there in 1935 says she was most impressed with the variety of the menus and the excellence of the cooking, fruit was placed on the table for every meal and the charges were most reasonable.

### IRISH FREE STATE

On a motor tour in the Irish Free State we found the hotels splendid.

## Clare

### ENNIS

" Another splendid hotel is the Old Ground with beautiful rooms, excellent food and very clean."

### CO. CLARE AND CO. GALWAY

Lady — writes: " I am afraid that the places where I enjoyed good food are too tiny to be worth mentioning, but I am anxious to know whether in your publications justice is done to Irish bread. I have just returned from a holiday in Co. Clare and Co. Galway. In the tiniest and remotest little pubs if one asked for tea, three or four kinds of delicious bread would be put on the table, perhaps one currant loaf, two different browns and a white one, all home-made. I have not met this pleasant custom in England."

### General

" Dublin Rock, or 'Peggy's Leg,' is rather like toffee and barley sugar; Soda bread which is an Irish product closely resembles what in England are called scones," writes a Maidenhead correspondent, " Dublin Bay prawns (small lobsters) come mainly from the North Sea if sold in England and can often be bought in London."

# Notes











## **Part II**

**USEFUL INFORMATION, ADDRESSES, Etc.**



## PART II

### BOOKS CONTAINING RECIPES FOR REGIONAL AND LOCAL DISHES AND DELICACIES

*Pot Luck*, by May Byron. Price 3s. 6d. (Hodder & Stoughton.)

*Good Things in England*, 6s., postage 6d., and *Flowers as Food*, 3s. 6d., postage 4d., by Florence White. (Jonathan Cape Ltd.)

*Peggy Hutchinson's North Country Cookery Secrets*, 3s. 6d. (T. Werner Laurie.)

Also the cookery books of the Women's Institutes, which can be obtained from the Headquarters of each county that has published its own collection. Of these Lancashire, Cornwall and Oxfordshire can be especially recommended.

For the history and folk lore of local foods, *Good Things in England* is the classic; it is also recommended by cooks for its clear setting out of the method of carrying out each recipe. It has gone through more than five impressions since it was published in 1932.

It contains 853 recipes, but these by no means exhaust our magnificent national cookery, and Traditional Recipes by Florence White appear weekly on the Home Page of *The Radio Times*, and frequently in *The Caterer*. These supplement those in *Good Things in England* and *Flowers as Food*, and will one day be collected and published in book form. Articles also appear in the *Daily Telegraph*, and in *The Times* occasionally.

*The Countryman*, edited by Mr. J. W. Robertson Scott at Idbury Manor, Idbury, near Kingham, Oxfordshire, is a quarterly, price 2s. 6d., devoted to country interests of every kind, including cookery; articles on *Good Things in the*

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*Counties* and other matters have been appearing in this journal regularly since 1927.

*The Listener* published a small gastronomic map and article by Florence White on May 10th, 1931.

*The Electrical Age* will be publishing at an early date English Recipes by Florence White.

*Good Housekeeping*, 1s. monthly, issued a gastronomic map in December 1935, and articles and recipes monthly on county cookery are to be continued.

*The Caterer and Hotelkeeper*, published every Friday, price 6d., annual subscription 25s., post free. The only weekly journal of the Hotel and Catering Trade, this is the official organ in the Trade Press of the English Folk Cookery Association, and also of thirty-six trade organisations. Miss Florence White is a regular contributor of menus and recipes.

### BOOKS FOR HOTELS AND RESTAURANTS

Published by the Practical Press Ltd.,  
1 Dorset Buildings, Salisbury Square, London, E.C.4

*Practical Catering*. A valuable technical book, the joint work of two acknowledged catering experts, Alexander F. Part and N. B. Robinson. Dealing expertly and in wonderfully clear and concise form with the whole subject of Purchasing Foodstuffs for professional catering purposes, this book has no counterpart as a guide to Marketing and Quantitative Estimating of Meat, Fish, Poultry, Game, Vegetables, Fruit, Dairy Produce, and Provisions. Price (post free) 6s. 4d.

*Menus and How to Make Them Pay*. This valuable book on menu drafting and costing, by Miss N. B. Robinson, is primarily intended to help proprietors of smaller hotels and restaurants, and institutional and club caterers to set about drafting a daily bill-of-fare. The principles of economical choice and treatment of food and of meal-costing are clearly

stated, and many examples are given of priced menus for restaurants, hotels, special functions, buffet catering, hospital staffs, school children, clubs and staff meals. Price (post free) 5s. 4d.

*Practical Hotel Management.* Entirely new (eighth) edition now in preparation, the book being revised throughout and largely re-written by leading authorities in the hotel and restaurant industry. A Handbook of Essential Information for Proprietor and Manager. Price (post free) 5s. 4d.

*Comprehensive Confectionery.* A complete guide to the production of all classes of flour confectionery, etc., by Edward T. Perry ("Excelsis" of the *Hotel Review*). Plain, practical and profitable hints and recipes for all kinds of flour confectionery, varying from popular pleasing goods to fancy dessert cakes, dainty pastries, sponge goods, petit fours, Genoese, fruit pies and tarts, wedding and birthday cakes, and chocolate making, and ice cream making. Price (post free) 8s. 9d.

*Bons Mots for Menus.* Compiled and edited by E. Cox Price. A useful Dictionary of apt Literary Quotations for all catering occasions. Invaluable to compilers of menus for special occasions. Price (post free) 5s. 4d.

*Dance and Carnival Catering,* by Ernest M. Porter. A useful handbook dealing with the different kinds of dance functions; what to serve and charge; what type of band to employ; how to decorate, etc. Price (post free) 2s. 8d.

### RECOMMENDED SCHOOLS OF COOKERY

Single lessons or a course of practical English Cookery, or Sweetmaking given daily at Marshall's School of Cookery, 32 Mortimer Street, London, W.1, England.

**Gloucester School of Confectionery.** Proprietor: G. R. Lane, M.A. (Cantab.), C.D.A. Author of World Famous Confectionery Courses. Everything for the Sweetmaker and

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Cake Decorator. Manufacturer and Agent for Confectioners' Supplies, and Confectionery Tinware. Address : Ladybelle-gate Street, Gloucester.

**Eversley School.** Elmer's Court, near Lymington, Hampshire. Headmistress : Miss F. H. McColl, St. Hugh's College, Oxford.

The aim of the School is to give to each girl a thoroughly sound general education, and to fit her for whatever kind of life she will be called upon to live. The girls are encouraged to take an interest in the social and political questions of the day, to develop their individuality and to gain in character and in the sense of responsibility. Lacrosse, Netball and Tennis are played in the Winter Terms, and Cricket and Tennis in the Summer Terms. All games are in charge of a fully qualified Gymnastic Mistress. There is ample opportunity for Sea Bathing and Riding.

The School takes girls from nine to nineteen years of age. There is a Domestic Science House (in a separate building), which gives the opportunity for full training in Cookery, Household Management, Laundry Work, Dressmaking, Needlework. A fully qualified Domestic Science Mistress is in charge of this House. It is intended for girls who have finished their ordinary school course and have reached the age of seventeen. The examinations of the National Council for Domestic Studies may be taken.

The diet is varied and plentiful. Fresh fruit and vegetables are provided daily and dietetics are carefully studied.

(N.B.—It is possible sometimes for the English Folk Cookery Association to arrange with Miss McColl to take adult students for lessons in English Cookery at the Domestic Science House, Elmer's Court. Application should be made to Miss McColl.)

### **CORRESPONDENCE LESSONS IN COOKERY**

Florence White, Beverleigh, Paxton Road, Fareham, Hants, England, gives cookery lessons by correspondence: six for 1 guinea, twelve for 30s., post free. These lessons are not stereotyped (the same for everyone) but are suited to the needs of each pupil. Interviews by appointment only.

### **THE ELECTRICAL ASSOCIATION FOR WOMEN**

20 Regent Street, London, S.W.1, England.

The importance of electricity in social and domestic life has long been realised, but it was not until the Electrical Association for Women was founded in 1924 with Miss Caroline Haslett, C.B.E., as Director, that the opportunity was given to women to learn what they desired to know about the uses and economies of electricity, or to give expression to their views on electrical questions affecting public or private welfare.

Headquarters' premises in London at 20 Regent Street, S.W.1, include a members' clubroom which provides a meeting place for discussion and social intercourse; an Electrical Housecraft School where lectures and demonstrations of up-to-date electrical apparatus are given; and an Information Bureau. Diplomas in Electrical Housecraft have been instituted for qualified women in the Electrical Industry and the Teaching Profession.

### **GUIDES RECOMMENDED**

THE BLUE GUIDES edited by Findlay Muirhead.

*Great Britain*, 90 maps and plans, 15s.

*England*, 82 maps and plans, 16s.

*Wales*, 22 maps and plans, 9s.

*Scotland*, atlas and 37 maps and plans, 12s. 6d.

*Ireland*, atlas and 10 maps and plans, 12s. 6d.

*London and its Environs*, atlas and 33 maps and plans, 14s.

*Seventy Miles around London* (A Guide to the Road), 59 maps and plans, 7s. 6d.

Published by Ernest Benn Ltd., Bouverie House, Fleet Street.

"With one of the Blue Guides in your pocket you can go anywhere."

The Little Guides. Profusely illustrated from photographs and drawings, and with maps. (Small pocket 8vo.). One for each county at prices varying from 4s. to 7s. 6d. each.

Published by Methuen & Co. Ltd., Essex Street, London, W.C.2, England.

These little guides have very good historical, physical, agricultural and commercial introductions, and give detailed descriptions of the architecture of churches, abbeys, etc., under the headings of the places where they are situated.

## **GUIDES TO AGRICULTURE AND MARKETING**

A valuable series of these is issued by the Ministry of Agriculture and Fisheries at a very low price. They can be obtained from H.M. Stationery Office, Adastral House, Kingsway, London, W.C.2, England, or ordered through any bookseller or newsagent.

### **Economic Series published by the Ministry of Agriculture and Fisheries :**

No. 12. Report on Markets and Fairs in England and Wales. Part I. *General Review*. Price 6d.

No. 14. Report on Markets and Fairs, etc. Part II. *Midland Markets*. Price 6d.

No. 19. Report, etc. Part III. *Northern Markets*. Price 6d.

No. 23. Report, etc. Part IV. *Eastern and Southern Markets*. Price 6d.

No. 26. Report, etc. Part V. *Welsh Markets*.  
Part VI. *London Markets*.  
Part VII. *Final Review*.

Price 6d.

also

**Herbs.** *Ministry of Agriculture : Bulletin No. 76.* Price 1s.

All these books can be bought at H.M. Stationery Office, price 1s. 6d., Adastral House, Kingsway, London, W.C.2, England, or ordered through any bookseller.

# THE ENGLISH FOLK COOKERY ASSOCIATION

## WHAT IT HAS DONE AND IS DOING

Initiated 1926.

Founded 1928.

*General Secretary's Address* : Richard C. Pinks,  
Westbury, Johns Road, Fareham, Hants, England.

From whom all particulars can be obtained. Subscription 1 guinea yearly entitles members to a free copy of this **GOOD FOOD REGISTER** and all the supplements issued in any one year.

The Association was originally formed for the purpose of research connected with the history and traditions of English Cookery, with the definite intention of restoring and maintaining its former high standard of excellence. Its aim is to encourage English Cooks, English Agriculture, English Fisheries, English Food Products, Empire and International Trade generally ; also to encourage Domestic life and Service and show how interesting both can be—worthy of the best brains.

When the Association was started in 1926, really good English Cookery was in danger of dying out through neglect and misrepresentation during the previous eighty years.

It is an Economic movement—non-party and non-sectarian—with world-wide sympathies.

It is absolutely non-commercial ; but one of its aims is by encouraging English Cooks and Cookery, etc., to lessen unemployment and, as a consequence, lower rates and taxes. It wishes to do all in its power to restore the balance of employment.

## THE ENGLISH FOLK COOKERY ASSOCIATION 235

With these ends in view, articles and books have been written, an exhibition of English cookery held in London at the Gas, Light and Coke Company's rooms at Kensington in 1931; six broadcasts were given in 1931 from Savoy Hill; dinners were held at Simpson's in the Strand, and recipes supplied to this restaurant; teas, farmhouse suppers and dinners were held in the provinces.

From the beginning a Gastronomic Map was prepared, also a GOOD FOOD REGISTER.

Now a series of meetings will be held all over the country, the first of which is to be held by kind invitation of the Electrical Association for Women, in the club room of the E.A.W., 20 Regent Street, London, S.W.1, at 3.30 p.m., on April 22nd, 1936. Miss Caroline Haslett, Director of the E.A.W., will speak on "Careers in Electricity for Women," and Mr. Bentley Capper, Editor-Director of "The Practical Press Ltd.," will speak on "English Cookery and the Work of the E.F.C.A." This will be followed by tea and talk.

The officers for the E.F.C.A. for 1936 are :

### **President :**

LORD SEMPILL

### **Past Presidents :**

- 1933. Mrs. Allhusen of Milton Lilbourne.
- 1931. Mr. J. W. Robertson Scott, Editor and Proprietor of *The Countryman*.
- 1928. Lady Gomme.

### **Chairman of Advisory Council :**

- 1928-1935. Mr. Allan Gomme, M.B.E.

## 236 THE ENGLISH FOLK COOKERY ASSOCIATION

### Members of Advisory Council :

- 1930. Mr. J. B. Atkins, *The Guardian*.
- 1930. Miss C. A. Bright, formerly Christ's Hospital, New-castle, and now L.C.C.
- 1935. Mr. Thomas Burke.
- 1935. Mr. Bently Capper, Editor-Director of *The Caterer and Practical Press Ltd.*
- 1930. Miss Gladys Clarke, Principal, National Training College for Domestic Studies.
- 1930. Dr. E. Marion Delf, D.Sc., Westfield College, University of London.
- 1930. Miss Caroline Haslett, Director of the Electrical Association for Women.
- 1935. Monsieur Herbodeau, President of the French *Association Culinaire* in London.
- 1930. Miss King, Principal, Domestic Science Training College, Bath.
- 1930. Mrs. Joe Lamond, Belfast.
- 1935. Mr. L. T. Locan, President of the Réunion des Gastronomes.
- 1931. Mr. L. A. de L. Meredith, C.M.G., O.B.E., General Manager, Travel and Industrial Development Association of Great Britain and Ireland.
- 1930. Miss M. C. Pepper, B.Sc., Principal, Liverpool College of Domestic Science.
- 1930. Miss Reynard, Warden, Household and Domestic Science Department, University of London.
- 1930. Dr. Leonard Robinson, C.B.E., Knight of Grace of St. John of Jerusalem, England, and Chevalier de la Legion d'Honneur, Paris.
- 1930. Mr. John Ross, C.A., London and Edinburgh.
- 1935. Mr. Gordon Stowell.
- 1930. Miss Whitaker, Principal, Gloucester Training College for Domestic Science.

## THE ENGLISH FOLK COOKERY ASSOCIATION 237

- 1930. Miss Willans, Head of the Advisory Department of the Gas Light and Coke Company.
- 1930. Miss Willcock, Principal, Domestic Science Training College, Leicester.
- 1935. Mr. Hugh Wontner, General Secretary of the Hotels and Restaurants Association.

### **President of County Representatives :**

Miss TALBOT of Lacock Abbey.

### **County Representatives :**

*Berkshire*—Miss Priestley of Reading University.

*Kent*—Miss Yarde Bunyard, Maidstone.

*Sussex*—Mrs. F. H. B. Samuelson, Steyning.

*Wiltshire*—Miss Talbot of Lacock Abbey, Lacock.

### **General Secretary :**

Mr. RICHARD C. PINKS,  
Westbury, Johns Road, Fareham, Hampshire, England.

### **Assistant Secretary :**

Miss PHYLLIS BLACKMAN

**Interviews with any of the above can only be had by written appointment. Please note carefully the addresses for the different sections of the Association.**

# **A FASCINATING HOBBY**

## **ENGLISH FOLK COOKERY RESEARCH**

### **Why an Association or Society is Needed**

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RESEARCH into the food and cookery of any nation does not consist merely in the collection of descriptions and recipes of distinctive cakes, dishes, various food preparations, and beverages.

It involves much more than that. To be worthy of its name this research (which means simply seeking again) includes searching records of every kind : the poetry of Piers Langland, Tusser, Herrick, Clare and others ; (Milton has the best descriptions of a banquet and of a salad to be found anywhere) ; the novels, stories and travels of each period ; the nursery rhymes of all periods ; chap books ; plays ; newspapers ; pamphlets ; magazines ; diaries ; biographies, in addition to all sorts of papers in the Record Office, and local and private libraries ; and other sources of historical information. Nor is history the only literary source that has to be investigated. We must study the records of agriculture and fisheries, of food marketing and distribution, of which the final stages are the larder, store-room, kitchen and table ; we must also study the garden throughout the ages, orchards, and the wild foods of the country of which there are some 260 that may be gathered without let or hindrance. And it will help us if we know more than a little of the physical features and climate of our land, not to mention various sciences, the chemistry of plants for example, the use of different herbs (simpling, as the old herbalists put it), food values to employ a modern term, and bio-chemistry which is more modern still and leads us to a study of race. Finally there is psychology ; the effect of food on character ; this, it is readily recognised, answers the question, " Why is an Association needed for Food and

Cookery Research ? " Because the range of subjects involved is far too big for one person to tackle, and the fields of exploration too vast. To get any sort of satisfactory results an Association which includes the best brains of the land is needed.

Apart from all this book work there are the vast fields of folk-lore and tradition ; it is useless tackling one without the other and both crop up in unexpected places.

A modern young girl will state quite solemnly that potatoes should be sown on Good Friday. She doesn't know why. She has heard this.

To get some idea of what folk-lore is and of its importance, *The Handbook of Folk-Lore* by Miss C. S. Burne should be studied. In her Preface Miss Burne says :

" When a gardener, in accordance with the traditional lore of his craft, swears at his lettuce or radish-seed and thrashes his young walnut trees, or sows his peas in the wane of the moon and his potatoes on Good Friday, and utterly declines to root up the parsley-bed, he is putting in practice time-honoured beliefs, not only about trees and plants, but about life and death and the influence of sacred days and of the heavenly bodies."

At the end of her book she gives a list of " Authorities " and amongst them is that marvellous work, *The Golden Bough*, by Sir J. G. Frazer. This is the signpost to a study of folk-lore and tradition, but to explore for one's self this fascinating country one must travel the road and talk to everyone who will condescend to talk to a stranger. This is direct investigation and must be proceeded with sympathetically, or no friendships will be formed. It was Cecil Sharp's humanity, his way of hobnobbing on a bench outside or inside a village pub, and joining in the sing-songs and dances, that resulted in the wealth of song, music and dance he left us. But his humanity would not have carried him far without his knowledge of music and psychology.

If this research were necessary for songs, dances, and music, not to mention gardening and gardeners, it is still more so in the case of food and cookery. At one time recipes were kept as precious family secrets; it was a great honour to be given a copy, and this tradition has not entirely died out.

Over and above that, food and cookery are intimately associated with religious observances. This is one of the reasons for the survival through the centuries of so many traditional cakes.

Lady Gomme, whose two volumes on Traditional Games is the classic on this subject, began to make a similar study of Feasten Cakes, which she was unfortunately unable to continue. Here, therefore, is a section of cookery research that would well repay investigation.

Cakes are associated with every kind of feast, religious and social. The names of a few have been given in this book, some recipes are given in *Good Things in England*, others in the weekly articles in *The Radio Times*; there are numbers not yet put correctly on record.

Bread is closely connected with cakes, and so are a variety of pies, puddings, and tarts: Mince Pies, Medley Pie, Collier's Pie, Pudding Pies, Maids of Honour, Curd Cheesecakes; gingerbread is a classic but many places have their own special variety. There are the old Bath fairings, Gingerbread Valentines, known as Gingerbread Husbands in other places, giving significance to the expression "the gilt off the gingerbread." There are cakes made of pastry such as Coventry Godcakes, Banbury Cakes, and Eccles Cakes. There are Wedding Cakes, Bride Cakes, Christening Cakes, Funeral Cakes, and Soul Cakes.

There is an historical significance in many old and homely customs, and these, although apparently mere superstitions, are of infinite value to the modern historian.

The following are the sort of traditional details desired:

1. By whom should the cakes, etc., be made?

2. Are they prepared indoors or out?

3. On what particular days or seasons (if any) are they made? (In the Somersetshire section of this small book we read of carraway bread being made at Priddy in the Mendips on Good Friday. This was related in an ordinary conversation at a village inn whilst two callers were being regaled with an egg and bacon breakfast. Visitors to Britain or any other country can gather traditional information easily on their travels if they are tactful, respectful, and sympathetic. It is the superior person who goes away unsatisfied.)

4. Are there any special ceremonies or labours observed in preparing them?

5. Are there any charms repeated during their preparation?

Mrs. E. Nelson Fell of Oxford writes in March 1931: I was an American child of English descent brought up in New York—in about 1863. “Johnny Cake” was the name of an excellent bread made in flat shallow tins. . . . We had a song—for exercise I suppose—which I remember standing in the nursery and singing as we jumped in time, placing our hands simultaneously one before us and one behind our backs. The song was:

“ Give me some Johnny Cake, thick, thick, thick,  
And a piece of butter, quick, quick, quick,  
Peter stands *at* the Gate  
With his knife *and* his plate  
Waiting for butter to put on his Johnny Cake.  
Come, Butter, come!  
Come, Butter, come!

“ At the refrain,” she says, “ we jumped twice.”

The last lines at any rate are from an old English churning song; and this American connection is most interesting. So also is the recipe for the cake sent by Miss Wyld of Tunbridge Wells, Kent, and she remarks: “ This is a family dish that I

have never met with elsewhere on household tables. It was introduced into our family in the 'sixties or 'seventies by Canadian relatives."

6. Are any omens drawn from the appearance of the food or cake, or in connection with the eating of it?

7. Are they eaten by anyone or by special persons and households only?

8. Is any portion of the food offered to the poor, to domestic animals or to the dead?

The sort of superstitions and beliefs one may find are that baking is not done if a dead body is in the house; a woman must not sing if she is baking; cakes must not be counted; cakes must be made entirely by hand and not put down except for baking; when cakes are named after each member of the family, if one breaks, the named person will die within a stated time; cakes eaten in silence by maidens on some special festival produce a vision of future husbands; and so forth.

Apart from any connection these pagan traditions may have with history, to know some of them helps to make recipes and the practical work of cooking more amusing, just as the knowledge that when catering and cooking intelligently we are helping to build healthy bodies and souls and consequently happy lives for those we love makes the daily round very much worth while. As Henley says:

"We are the masters of the days that were"

as well as of the present and future. For there is no doubt about it: we are each of us the product of the food we eat and the drink we drink. Therefore the farmer, gardener, fisherman, housewife and cook are the most important people in the world; the builders of every nation.

And so we may link up homely daily tasks with the health and general welfare of a people and find in what might otherwise be drudgery the satisfaction we desire, not only for one nation but for the good of the whole world. It is not what we

do but the way in which we do it and the courage we bring to it that matter ;

“ All service ranks the same with God.”

Some people despise homely work such as cookery, but it is probable bad cookery and housekeeping have done more harm and been the cause of more national misery than anything else. One of the aims of the English Folk Cookery Association from the beginning has been to show how interesting both may be from every point of view and how worthy of the best brains, no matter whether our standpoint be tradition, history, science, or practical cookery and dietetics.

The importance of food is no new idea.

Archestratus, the intimate friend of one of the sons of Pericles, travelled earth and sea to make himself acquainted with the best things which they produced. “ He did not, during his travels, enquire concerning the manners of nations, as to which it is useless to inform ourselves since it is impossible to change them, but he entered the laboratories where the delicacies of the table were prepared and he held intercourse with none but those who could advance his pleasures.” On his return he wrote a didactic poem on gastronomy which the learned have agreed to rank amongst the most valuable of the lost works of antiquity. His poem is said to have been a treasure of science, every verse a precept.

Fortunately some of his wisdom and learning were embodied in *The Deipnosophists* of Athenæus, which we possess and which within recent years has been published in seven volumes as one of the Loeb classics by Heinemann, the Greek on the left hand page and the English translation by Professor Gulick of Harvard on the right. Thus making this classic of gastronomy available even to those who have no knowledge of Greek.

There were in the early ages periods of degeneration in the kitchen such as we have been experiencing during the last

sixty years, but the Revival of Good Cookery and the interest in good food accompanied the Revival of Learning. The two have always gone together. It is the little knowledge that is the dangerous thing.

Those who are interested in history and literature should buy and study *The Goodman of Paris* (Le Ménagier de Paris), a Treatise on Moral and Domestic Economy by A Citizen of Paris (c. 1393) translated into English with an Introduction and Notes by Eileen Power, M.A., D.Lit., Reader in Economic History in the University of London. It is published by George Routledge and Sons Ltd.

The Society of Antiquaries published in 1790 *A Collection of Ordnances and Regulations for the Government of the Royal Household* from the time of King Edward III to William and Mary, and bound up with it is a collection of cookery recipes dating from 1399 which is most interesting. Americans will be delighted to find in it a receipt for Tost Rialle or Cinnamon Toast. It must not be forgotten that the origins of the American Kitchen are the same as those of the English, and those who do not know *Gervase Markham's English Housewife* should try to see it in some library as it was published in 1615 and was probably the cookery book taken to America by the Pilgrim Mothers when they sailed from Plymouth on September 6th, 1620. The Patent Office Library, 25 Southampton Buildings, Chancery Lane, London, England, which is the finest scientific library in the world, has a very fine collection of old cookery books, foreign as well as English, and to understand English cookery that of other lands must be studied.

To accompany the study of actual cookery books there is a very good bibliography published by Henry Frowde, Oxford University Press, in 1913. It is called *English Cookery Books to the year 1850* and is by Dr. Arnold Whitaker Oxford, M.A., M.D., who had a very fine collection of his own. In it we can see how frequently cookery has been treated from the health

point of view by various writers throughout the centuries since the beginning of the sixteenth century.

And it must not be forgotten that John Evelyn wrote his *Acetaria* or book of salads, for the first President of the Royal Society.

There are four more books that must be mentioned to illustrate the varied interests that may be gratified by a study of some section of learning connected with food and cookery. They are :

*Soil and Civilisation* by Milton Whitney, Chief, Bureau of Soils N.U.S. Department of Agriculture. London : Chapman and Hall Ltd. 1926.

*Diet and Race*, Anthropological Essays by F. P. Armitage, M.A., Director of Education for the City of Leicester and formerly Head of the Modern side of St. Paul's School, London.

*Food and Character* by Dr. Berman, published by Methuen in 1930, and finally that inspiring book, *Re-discovering England* by Charlotte A. Simpson, B.Sc. (Oxon), Lecturer in Geography at Warrington Training College, Liverpool. Published by Ernest Benn Ltd. (1931.)

The English Folk Cookery Association specialists are pleased to help anyone who supports the Association as a guinea member.

## **IMPORTANT NOTE**

Although Florence White has collected the material for this book in the manner described in the general introduction, she is not responsible for its editing. She is, however, editing, personally, the first supplement, which is being given free to every guinea member of The English Folk Cookery Association, and will be glad to have suggestions, corrections and additions for it. All letters should be addressed to her at Beverleigh, Paxton Road, Fareham, Hants. PLEASE PRINT NAMES OF PLACES AND PEOPLE IN CAPITAL LETTERS.

# Local Recipes and Customs

**TRAVELLERS' OWN DISCOVERIES**















# English Folk Cookery Association

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